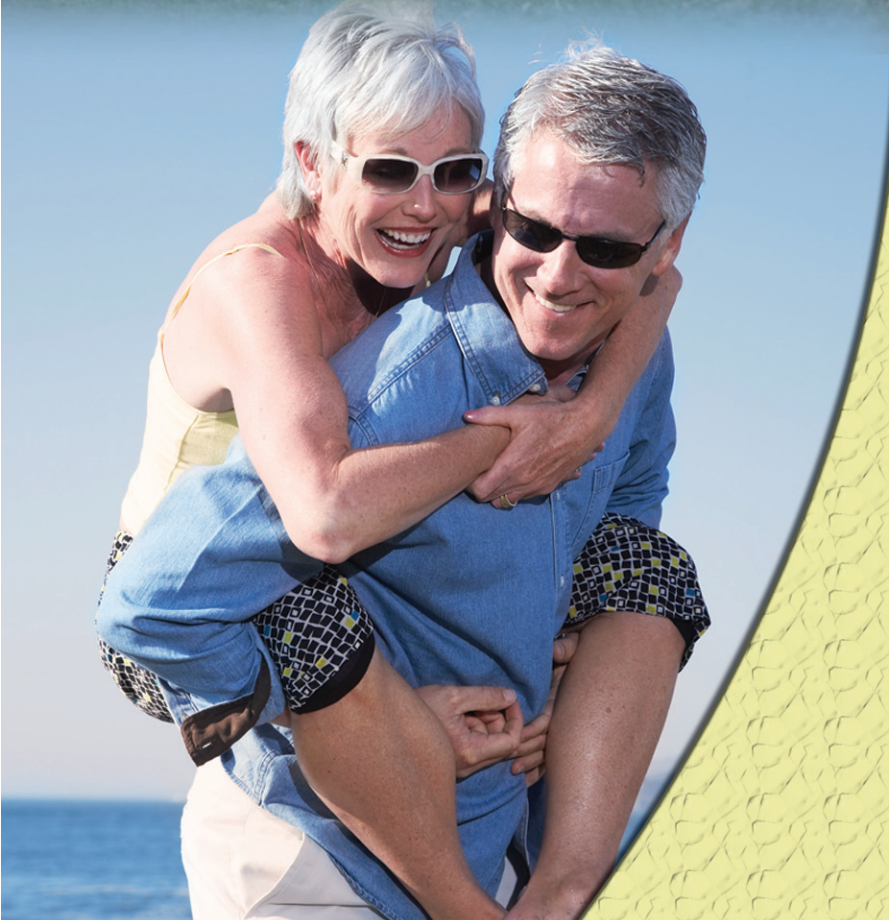




Senior Living

in Haliburton County

- **Yoga in retirement**
- **Meeting seniors' challenges**
- **Wills and powers of attorney**
- **25 years of taking care of ears**
- **River cruising in Europe**





Lynda Shadbolt loves to work with seniors of all ages, and teaches yoga at the Blue Sky Yoga Studio in downtown Haliburton. /Angelica Blenich photo

Yoga in retirement

Moving into the retirement phase of life brings you all kinds of new opportunities and possibilities. After spending years of being dedicated to your work, you often have more time to spend doing the things you love, and also to pursue new interests and hobbies. Many years ago retirement may have been associated with becoming more sedentary as people age, but the opposite is true today. Retirement is the perfect time to continue, and pick up healthy habits and hobbies that will promote longevity. Although much of the media portrays yoga with a young person doing a complicated twist or handstand, that is not the full spectrum of what yoga has to offer. People of all ages, and abilities (less and more flexible) can enjoy yoga and receive lots of benefits from it.

There are many styles of yoga that are available and so every person can find something to suit them. The kind of yoga a person chooses depends on their age, current fitness level, physical ability and interest. If someone is starting a practice for the first time, or after years of being sedentary (limited flexibility and strength), then a gentle hatha yoga practice or qigong is recommended. If someone is already an active person (playing sports, and other recreation) then a more moderate practice may be appropriate. If you are new to yoga, what is important is to do your own research. There are many good books and Internet resources that can answer basic questions. The next step is to find a yoga teacher in your area and talk to him or her about what you need, and also learn about his or her quali-

cations and experience. In the end, you want to work with someone who you feel comfortable with, and has the experience you want.

The benefits of yoga for seniors are much the same as those for the general population: increased muscle tone, joint mobility, balance, strength and improved mood. A yoga class can be a great way to meet new people and to be part of community that is dedicated to being healthy and happy. A regular yoga practice can be therapeutic for tight shoulders, tight hamstrings, sore lower back etc. Through pranayama (breathing exercises) lung capacity is increased. You can expect your posture to improve and you may sleep better. If you experience stress, yoga can help counteract that too. It is important to remember that these benefits will not come overnight after a single yoga class. Yoga is like anything - it takes time and practice. If you take piano lessons for a year, you will play differently after a year. If you take yoga lessons for a year, you will move differently in your body.

As with any new fitness activities, it is always recommended that you check with your doctor first to ensure that the yoga practice will be beneficial for your specific needs.

Lynda Shadbolt loves to work with seniors of all ages, and teaches yoga at the Blue Sky Yoga Studio in downtown Haliburton. For more information about her programs you can check out www.haliburtonyoga.com or call Lynda at 705-457-3121.

Haliburton



Yoga

www.haliburtonyoga.com

Yoga for Senior's

Lynda Shadbolt
Blue Sky Yoga Studio

info@haliburtonyoga.com
705.457.3121

What is the number one challenge for seniors in this county?

Community Care Haliburton County has been providing services to seniors (55+) and adults (18+) with disabilities for more than 30 years.

A registered charity founded in 1980 by Doris McCann, recognizes the limitations seniors experience community care for remaining in their own homes as they age.

McCann knew the importance of giving seniors and adults with disabilities and/or illnesses the right to choose where they live and most people choose to live autonomously in their own homes.

McCann rallied the local community and with great tenacity created Community Care Haliburton County.

One of the greatest challenges that seniors face in our county is the geographic scope; we cover 4,500 square kilometres, much of the county is rural and clients have to travel for simple tasks such as grocery shopping, doctors' visits and collecting prescriptions.

Of the 10 services that Community Care Haliburton County coordinates, transportation is one of the most requested. In the past fiscal year (April '08 to March '09), our staff coordinated with the assistance of more than 100 volunteers:

Frozen meals on wheels : 13,968

Transportation: 7,592 trips



One of the greatest challenges that seniors face in our county is the geographic scope, we cover 4,500 sq km, much of the county is rural and clients have to travel distance for simple tasks such as grocery shopping, doctors' visits, and collecting prescriptions.

Emergency response units: 200 responses

Diner's club and social recreation: 3,138 diners

Home help and home maintenance: 150 billable hours

In addition to providing services our dedicated volunteers help in coordination and planning special events to augment our fundraising goals that enable

us to continue to offer services and expand. We work in conjunction with partnering agencies to ensure the needs of seniors and adults with disabilities are met.

Community Care Haliburton County falls under the funding umbrella of the Ministry of Health and are partially funded by Central East Local Health Integration Network (CE LHIN). However, these funds need to be augmented by community fundraising to fulfill our mandate.

With the economic downturn we are seeing a greater demand for our services and a greater need in our community for subsidy and assistance. We have established a subsidy program to ensure those in the greatest need with the least financial income are addressed.

Isolation in a rural community is very real problem; we have initiated social recreation as a way to combat loneliness and isolation. We host cribbage, bridge and the ever-popular Wii (Nintendo computer game console) in our drop-in centre. During the seasonal heat and cold, we open our drop-in centre as a "cooling or warm up" station. During these sessions, we are often able to recognize needs of our neighbours and recommend a support service to ensure a better quality of life.

-Submitted by Community Care Haliburton County



705-457-2941

We provide a host of services to seniors and disabled adults:

- Meals on Wheels/Diner's Club
- Emergency Response System
- Home Help & Home Maintenance
- Social Recreation
- Telephone Security Checks
- Transportation
- Friendly visiting

People Helping People 

www.communitycarehaliburton.com

Are you among 55 per cent of Canadians without a will?

As a lawyer in practice for more than 35 years, I am of the sincere opinion that there is nothing more important for seniors than the creation of a properly framed will and power of attorney that meets their needs and the needs of families and beneficiaries.

Statistics show that at least 55 per cent of Canadians do not have Wills and powers of attorney, and of those that do, a substantial number do not have up-to-date or properly framed documentation.

Last will and testament

A will is a written document directing the disposition of your property after death. We are able to select an estate trustee, i.e. the person who will administer our estate in accordance with our wishes and intentions, and dispose of our property in the best interest of our beneficiaries.

It is important to understand that wills are voided by subsequent marriage, unless made in contemplation of marriage, and thus, anyone who has married or remarried and not created a new will is without a will to properly dispose of his or her assets.

My best advice is that a will should be reviewed every year to determine if any changes in your assets, family and beneficiaries affects that will. A review with a competent lawyer should be undertaken every five years, given



If one has a power of attorney drawn prior to 1995, it will deal only with property and not be capable of providing direction regarding personal care.

— Raymond Selbie

that there could be changes in the law and changes in family situations that require review and amendments.

Failure to have a will requires an application to the court for an appointment of estate trustee, at which time the distribution of your estate will be in accordance with the provisions of law, i.e. statute, rather than in accordance with your wishes, or even the best interests of your family and beneficiaries.

Power of attorney

Since 1995, we are able to grant powers of attorney for personal care as well as property. These continuing powers of attorney for property and personal care have a specific form that must be followed.

If one has a power of attorney drawn prior to 1995, it will deal only with property and not be capable of providing direction regarding personal care.

An attorney under a continuing power of attorney for property and personal care has the power to do anything in respect of property that the grantor could do if capable, except make a will.

The Substitute Decisions Act places strict obligations on the person acting under the power of attorney for personal care and/or property, to always act in the best interest of the grantor, in accordance with the powers provided by the document itself and the statutory restrictions contained in the Substitute Decisions Act.

The power of attorney for personal care (sometimes called a living will) is designed to express our intentions and to inform our family, physicians, lawyers, clergymen and others who may become responsible for our health care, how we wish to be treated. It allows us to express our philosophy of death with dignity and free of pain

see A LIVING WILL page 5



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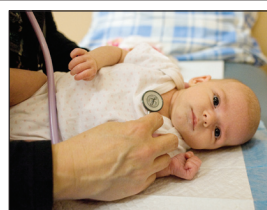
NEW LOCATION
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New condo

Housing project gets widespread public praise

3



Midwifery

Clinic reflects on challenges of rural health-care

12

The Haliburton County



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Tuesday, April 12, 2011



Taking one for the team

Rotary Interact Club member, left, Elaine Searle and Haliburton Highlands Secondary School teacher Jennifer Paton, who is a staff coordinator for the Interact club, laughs after taking a cream pie to the face from Keith Burley during the buyout to raise money for Help A Village Effort on Friday, April 8. For more photos see page 16. Darren Lum Echo staff

OPP appeal Harcourt Park ruling

Residents say provincial laws don't apply on shared land. Police disagree

Angelica Blenich
Staff reporter

An appeal case being launched by the Minden Ontario Provincial Police could change the future for Harcourt Park and its residents.

In August 2010 charges were laid by the OPP against park resident Dave Gillespie under section 19 (1) of the Off Road Vehicle Act for failing to wear a helmet while operating an off-road vehicle.

The ORVA includes an exemption for helmets to occupiers of the land.

According to members of the park, in the past the area has been made exempt from provisions of the ORVA, the Highway Traffic Act and the Motorized Snow Vehicle Act due to the park being deemed private property.

see CASE page 19

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Celebrate Earth Day at festival

➤ **Here, there & everywhere**
news and events worth noting

Come and celebrate the 41st anniversary of Earth Day on Wednesday, April 20 in Wilberforce.

The event starts at Wilberforce Elementary at 11:15 a.m. where an assembly will be held.

Following the assembly walk to the municipal offices for 1 p.m. to see the official raising of the Earth Day Flag.

There are lots of educational and fun things for kids to discover like the Good News Earth Report and the Eco-kids quiz.

Guests such as Highlands East Reeve Dave Burton, Environment Haliburton's Green Man, Haliburton Highland Land Trust and the Gaia Centre's Treefic the Pine will also be attending this event.

Schools around our area are going to be showing their spirit, too. "Haliburton High-

lands Secondary School is planning a week of activities to gear up for the official day," says tacher Amy Klose. From Monday to Thursday there will be everything from seed planting to candle making. Students at Stuart Baker and JDHES are celebrating by dressing in blue and green and cleaning up waste around their schools.

- by Jade Fisher, Co-op student

Help Japan with relief

Karra Wesley, who is intimately connected to Japan because of her Haliburton Language School, had an unforgettable day meeting with the ambassador of Japan, Kaoru Ishikawa, and the speaker of the house Steve Peters when she was invited to Queen's Park by MPP Rick Johnson on Thursday, April 7.

She will have Japan relief scratch tickets available at her school location in Haliburton, but hopes to organize a local fundraising event in the summer.

Haliburton Highlands Outdoor Association needs you

Do you want to help Haliburton be "crowned" the Ultimate Fishing Town in Canada?

The World Fishing Network (WFN) is holding an online contest, and not only does the winning town receive the title, it will be featured in a half-hour television show, and \$25,000 will be donated for the community.

In order to participate, access <http://www.wfnfishingtown.ca/town/haliburton-on>.

The first round of voting lasts from April 12 to May 3, and it's encouraged to vote daily.

WFN will also select eight "wild card" towns based on their originality and energy.

So remember, the more supporting entries our town receives, the better chances our town will participate in the final round, which begins May 10.

Vote now, vote often!



**ECHO & TIMES EARLY AD DEADLINES
DUE TO EASTER WEEKEND**

**Haliburton Echo Tuesday April 19 @ 5pm
for the April 26th Issue**

**Minden Times Thursday April 21 @ 5pm
for the April 27th Issue**

**For more information call
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Rick Johnson, MPP

Here to serve you!

Rick will be in Haliburton one day of each month to meet with constituents. To book an appointment, please call 1-800-424-2490. Meetings will take place in the Municipal Council Chambers, 135 Maple Avenue.

Next appointment dates:
Friday April 15, May 20 & June 17

OPP whip up subs

OPP Sgt. Mike Landry along with constables Mark McMaster and Sandy Adams were making sandwiches at the Haliburton Subway in March for the annual Buy One, Get One fundraiser for the Haliburton Highlands Health Services Foundation. The event raised \$1,800 between the Haliburton and Minden Subway locations.

Chad Ingram Echo staff

See Inside

The Highlands Weekender

April 14, 2011

Author back in the spotlight

Coles'Notes
Catherine Coles
Branch Services Librarian

With this year's cinematic release of *Burnt*, a film adaptation of Michael Rishler's witty and incisive book of the same title, the author is now back in the spotlight.

Michael Rishler, who died in 2001, has been called "the great thing our of his Canadian literary generation." Born and raised in the Mill End neighbourhood of Montreal, an area he would later immortalize in his novels, the acid-witted Rishler was a pivotal and controversial figure in recent Canadian history.

Burnt, Rishler's most famous book, is claimed by some to be semi-autobiographical. Written in a gonzo style from the perspective of protagonist Burt...

Wine, Words, Music and Art

The eighth annual Evening of Wine, Words, Music and Art celebrating the arts in Dorset happens Friday, April 15 with the art, book and CD walkabout starting at 6:30 p.m. and read-

Refreshments will be provided. The fun takes place at the Dorset Recreation Centre, 101 Main Street, Dorset. Contact Melissa Allaire at 705-766-9988, dm@algonquin...

Free in your mailbox on Thursday...

This week's Weekender:

- Meet Hairy Potter
- Fleming College students art show on Saturday
- Radiant compassion
- Reduce your electricity consumption
- Cards scores, bowling scores

Plus Sudoku, crossword, classifieds and coming events.

Sign up for news alerts on our website:

haliburton echo.ca

Condo development met with enthusiasm

Angelica Blenich
Staff reporter

Construction on a new condominium building, Granite Cove, may begin this summer if all goes according to plan with the developers and the municipality of Dysart.

A public meeting was held on April 4 at the Haliburton Curling Club to discuss amending the current zoning bylaw, thus allowing the project to move forward.

The 28-unit building being proposed would be located in Haliburton Village on the corner of Highway 118 and Sunny-side Street, overlooking Head Lake.

The location is currently zoned a residential type 1 zone however the developers, Easton's Grocers Limited, are hoping to have it changed to a residential type 3 zone.

The zoning change would include some exceptions, such as a minimum water setback of 23 metres, a structure height maximum of 19 metres and a minimum parking space requirement of 1.7 spaces per dwelling unit.

The application may change, said municipal planner Pat Martin, as the developers are in discussions with neighbouring properties.

According to Martin, the municipality has received comments on the project.

Developers Doug Ray and Pat Dube were on hand at the meeting to answer questions from the community.

"Where do you propose to take the water from?" asked Michael Barnes.

While Ray replied that the water draw would not be huge, they did not have the answer to that yet.

"Whatever we do will have a minimal impact on the environment," said Ray.

The building will mirror similar projects that have been constructed in Gravenhurst and Parry Sound, said Ray.

It is geared to the local population, with 90 to 95 per cent of its residents current members of the community.

"This building is not a way to grow the population, it's a way to resituate the population," said Ray.



Angelica Blenich Echo staff

Ray Lymer, left, discusses the details of a proposed condominium with developer Pat Dube following a public meeting held at the Haliburton Curling Club on April 4

Ray said they would do their best to stay within the setback restrictions.

"We're not going to build irresponsibly," said Dube.

Local resident Stephen Foster addressed the crowd by saying he had toured the developer's other projects and he gave this project his full support, pending final reports.

While explaining she was pleased about the development, Mieke Foster raised an issue with the setback exemption, stating buildings are typically required to be set a minimum of 30 metres from the water.

Alison Mack echoed Foster's concerns.

Mack supported for the project provided the developers address some of the public's concerns.

"Things are ruled on exemptions," said Mack. "I would like to see no exemptions to this bylaw."

"I'm certainly glad you're in favour of this, I would hate to see what you would be like if you were opposed," said Dysart Reeve Murray Fearrey.

The project, said Fearrey, was a positive one for the community and a much needed housing development.

"We can't keep turning things like this away."

Fearrey asked those in favour of the building to raise their hands, to which the majority of the room did.

"That's democracy in action folks," said Fearrey, who thanked everyone for attending and for raising their concerns.

According to Ray, half of the building's units have already been reserved and interest in the remaining available units is high.

All units will include two bedrooms and two bathrooms, said Ray, and will cost between \$275,000 to \$325,000.

Local resident Ray Lymer, 75, has been living in Haliburton Village for the past 15 years.

He believes a building like this is desperately needed in the area.

"I'm very interested in it, yes," said Lymer. "I currently live in a big house but need to downsize. If something like this isn't built I would consider moving elsewhere."

According to the municipality, the zoning application will be approved once certain conditions have been met.

Conditions include the submission of a storm water management and construction mitigation plan, that the water system requirements set by the Ministry of the Environment be met and a traffic study be submitted and passed by the Ministry of Transportation among other things.

Health care, poverty, key issues for NDP candidate

Jenn Watt
Editor

Poverty and health care are Lyn Edwards's top priorities going into the May 2 federal election.

The NDP candidate lists recruiting doctors, job creation and affordable housing as some of the ways she'd go about bettering the lives of Canadians if elected.

"The clinics and hospitals are just being overrun because we don't have family doctors for Canadians," says Edwards.

A staunch supporter of the NDP for years, Edwards got involved with the party after listening to longtime NDP MP Ed Broadbent speak.

She was a campaigner for a time before deciding to become a candidate herself.

After running in the Provincial 2009 election, she got a call from the party asking her to run federally.

"In the summer of 2009 ... Jack Layton started phoning me and asking me to move over to the federal [party]. After some

discussion with Jack, the party and my family we decided it would be a good move," she says.

Edwards has more time for politics now that her four kids are grown.

"My children got older I got more and more involved," she says.

The political life is a hectic one that often keeps women out of the race.

Edwards said it was a good sign that this campaign had three women candidates out of four running.

"Most women have to nurture their children ... and look after their household needs ... and then you can spend your time in politics after we've done all that," she says.

"When I ran in the [provincial] byelection I was the only woman of nine candidates. Now Barry [Devolin] is the only male of four candidates," she says.

"It shows that, yes, we're making headway in women in leadership roles."

The biggest challenge in this election is engaging the voters, Edwards says.

"People are just turned off from politics at this time," she says.

She's also noticed that parties that normally take a more centrist view are shifting to the left, like the Liberals.

"Quite frankly, the New Democrats have been the party of the people and of social justice since our conception," she says.

"The fact is that Jack Layton started to gain momentum with our initiatives. The Liberals have started copying us."

And as for the claim that this riding is solidly blue, Edwards thinks that's a myth.

"We hear that. When I ran provincially someone said 'we'd vote Conservative if it was Bessie the cow,'" she laughs, noting the riding didn't vote Conservative last time, electing a Liberal instead.

Edwards has worked for the City of Kawartha Lakes for 19 years. She's an administrative assistant for its fire service and lives near Oakwood.

Riding wants change, Redman says

Chad Ingram
Staff reporter

"I don't think of myself as a politician, I think of myself as a pretty ordinary Canadian who cares a lot," says Laura Redman.

Redman, the federal Liberal candidate for Haliburton-Kawartha Lakes-Brock, said that ordinary Canadians who care is something the House of Commons needs more of.

Redman, a longtime journalist and social advocate (she says "activist" scares too many people), has been around politics all her life.

Growing up on a farm outside of Brampton, her parents were both members of the provincial NDP party.

They were also new Canadians; her mother a Danish immigrant and her father in the first generation of his family to be born in this country.

"I feel like a new Canadian in many ways," Redman said. "I'm also fiercely proud of this country."

In her early years as a politically cognizant being, she found herself drawn to the Liberal party.

"By the time I was 12, I'd read Chretien's *Straight from the Heart* book, I'd identified

with Trudeau," she said. "I felt very strongly about the Liberal party."

Later in life, Redman found herself aligned with the federal Progressive Conservative party and was even a personal acquaintance of Barbara McDougall, a former PC MP and cabinet minister.

She couldn't be supporter of the Conservative party, however.

"As soon as the Reform/Alliance coalition came along . . . it was too far right," she said.

Eight months back, Redman attended a Liberal policy meeting in Toronto, "to see what the party was about, what they were and if I fit in to that in any capacity."

Redman spoke at the meeting about agricultural issues; both her father and maternal grandfather were killed in tractor-rollover accidents.

That led to the local riding association knocking at her door and while she was hesitant and while there was back-and-forth for six months, in January Redman said she finally decided to accept the nomination.

"I'd underestimated my own interest and I'd also underestimated the need for change in this riding," she said.

Redman said people in the riding are telling her they want change.



Laura Redman is running as the Liberal candidate for the Haliburton-Kawartha Lakes-Brock riding. /Submitted photo

"I keep hearing [Barry Devolin]'s a nice guy, but people keep saying, 'What's he done for us lately?'"

It is clear, Redman said, health care is a major issue for residents.

"The biggest issue I'm hearing about right now is health care and access to primary care in this riding," she said. "People want more doctors and nurses on the ground in this riding."

Protecting the agricultural industry that employs some 12,000 people in the City of

Kawartha Lakes is a priority for Redman, as well as investment in small business and lowering the rate of child poverty, which she says is one in four children in Haliburton County.

"I think that's unacceptable in a country that has great wealth," she said.

As an MP, Redman said her priority for her first year would be to see the role of Canada's military reduced to a peacekeeping role.

"Enough of our kids have died on foreign soil in other people's arguments," she said.

It was a Liberal government that put Canadian troops in Afghanistan in 2002 and Ignatieff in the past has condoned the use of coercive interrogation methods.

"I don't think I have to agree with my leader on everything and I will have my own opinion," Redman said.

Redman has taken a leave of absence from her role as managing editor of the *County Voice* during the election campaign and said she does not see any issue with her running for office.

"There are a lot of journalists who have made the leap successfully," she said.

If she is unsuccessful, it is possible she may end up back at the paper, but Redman said she has no intention of losing.

60,000 Haliburton County Destination Guides bound for Ontario tourism kiosks

The 2011 Haliburton Destination Guide is ready for shelves. A vast amount of cop-

ies (60,000) were printed and are being sent not just around the county, but also

SUMMER IS FAST APPROACHING

and that means thousands of cottagers and visitors will soon be enjoying the Highlands.

This season, more than ever, you need to make those people your customers. The Haliburton Highlands Summer Guide can help you do just that. **The 2011 edition of this popular publication will feature timely articles, information and listings of events throughout Haliburton County.**

Our readers and visitors refer to the Summer Guide again and again. Last year thousands of copies of the guide were eagerly picked up and read by potential customers of your business.

The Destination Guide is distributed throughout the province.

"Essentially, the guide is a break even proposition for the county - intended to be zero cost/profit," explains Robert Smith director of tourism.

This year the number of adver-

tisers nearly doubled making room for 25 more pages.

Also, small tags on various pages in the book can be scanned by cellphone, taking you straight to whatever application you need to download.

For the fifth year in a row, Andrea Hillo and aDesign have done the graphics for the guide.

Local distribution of the guide will be completed by Easter weekend.

- Jade Fisher, Co-op student

Meet The Candidates!

Haliburton County's media is holding
an all-candidates meeting

Wednesday, April 13

Fleming College's Great Hall - 7 p.m.

*Hear from those who want to represent
you in the federal government.*

Bring your questions!

For more information, contact
**Jenn Watt at 705-457-1037
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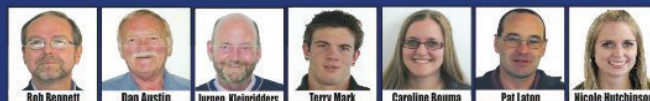


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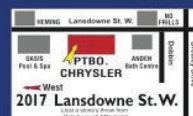
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points of view

Midwifery allows choices

CENTRALIZATION is an urban argument.

It supposes that services are best delivered in specialized centres, like wheel hubs.

It works in the cities where transportation choices are abundant and more professionals reside.

Where it falls apart is in the countryside, hundreds of kilometres down the spokes of those wheels.

When the obstetrical services were taken from Haliburton County, it was in the name of centralization.

The argument was that the number of births in Haliburton was so low that the staff in the hospital wasn't knowledgeable enough to provide a safe service.

That decision was made two years ago by our Central East Local Health Integration Network.

It wasn't just our obstetrical services that were centralized – across the LHIN services were specialized at urban hospitals.

Again, the argument was that if hospitals specialized, residents could expect to get excellent care there, rather than mediocre care in institutions offering diverse services.

While that may be partially true for technically difficult medical procedures, what centralization also does is take away choice.

In the case of our birthing room, Haliburton women lost out.

If they want to give birth in a hospital setting, women must now travel at least 100 kilometres to do so.

They must also travel that distance to see their obstetrician in the weeks leading up to the delivery.

That's if they don't use a midwife.

This is where Haliburton got it right – but not by any decision made at an institutional level.

The midwifery service in town serves all those women who want care close to home (or at home, as the case may be).

The professional health-care providers there have filled the gap left by a bad LHIN decision by giving women their choice back.

Instead of having to hike over to Peterborough, for example, for prenatal consultations, women can see a mid-

wife right in Haliburton.

Instead of having to travel 120 kilometres to Lindsay to deliver, women can have a baby at home, if they wish.

Still, the situation's not ideal. Many women want to deliver in a hospital and even the midwife can't provide a local option for that desire.

That service remains centralized.

Poll update

Last week's poll question: If you were voting in the federal election today, whom would you vote for? Conservative incumbent Barry Devolin took 57 per cent of the votes, Liberal candidate Laura Redman received 37 per cent, Susanne Lauten of the Greens got six per cent and Lyn Edwards of the NDP didn't get any votes.

This week's question: Could a good argument sway your vote from your favourite candidate?

To vote, go to www.haliburtonecho.ca/poll.



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Here today, gone this afternoon

photo by Darren Lum

I see the light

IN ALL HONESTY I thought I was going to die last week. Nothing, in my previous four decades, had prepared me for the tortuous physical drama I would endure between that fateful Monday and that thankful Friday.

Sure, I had had a cold and influenza in the past but this was something new; something deeply-seated, something so vile that hung on well past its welcome date.

Clinically it was fluid on the lungs or, more to the point, fluid IN the lungs. My only question is the kind of fluid we're talking here (oil?).

In layman's terms you basically feel like crap meaning you get relief from neither being awake nor asleep which basically equates to you wishing you owned a firearm and at least one bullet.

You simply can't escape this type of illness. It's with you every waking moment. You know the feeling. Death seems palatable. No pill, no liquid, no homemade cure can deliver you from this living hell but what's amazing in all of this is the revelations you come up with as you endure this hazy bout with unhealthiness/sanity.

Truly, despite the sweating and the chills and the feverish shaking, you're subject to more mental epiphanies than Gandhi at a crosswalk.

Somehow your brain has unbelievable clarity in these moments. Somehow you're able to think it a lateral sense even though you have incredible difficulty

simply staying within the toilet rim.

First off your skin is painfully white; white to the point of lacking any noticeable semblance of blood in your system. How does it get like that and how

are you still alive looking this bad? And your teeth are implausibly white as well although that can probably be explained by the fact you haven't eaten anything for eight days (stains) or the fact your eyes are deceiving you (given that lack of food in over a week).

You smell too, to the point where you're actually queasy smelling yourself.

And you're ugly; really ugly.

Your hair is all over the place; you need a shave and you've seen better-looking corpses. You start to wonder how your kind has ever procreated given your hideous appearance. Whatever minimal relationship you had with your mirror up to this point is now gone.

Without a doubt, when this ill, you will find only one food you find remotely palatable. For me that's canned peaches. Not sure if this means anything other than the fact I might have been born in the wrong hemisphere to survive long-term.

On the upside you did, however, find that thermometer after all those years of looking since the divorce.

It was there all the time, buried behind the dried up topical cream. Now if you could just remember whether it was real or not.



Charlie Teljeur
Thinking Small

Send your letter to the Editor to
editor@haliburtonecho.ca

points of view

Galea Unplugged

YOU KNOW, we throw around the term hero an awful lot these days. But, until there is a time of need – a major disaster that threatens our very way of life – I don't think that we really know what that word truly means.

This was precisely the case this morning when I woke to find my toilet not complying with even the simplest of commands. Yes, it wouldn't flush.

It wasn't plugged; it just wouldn't drain, and through no fault of mine either.

And between us, it couldn't have happened at a worse time. I had just finished my first coffee of the morning. This added an air of urgency to the situation.

Lesser men might have panicked and fled the country. But, unfortunately, I have never been the kind of guy who could, in time of panic, remember where he put his passport.

So I stayed and did what any red-blooded man would do. I considered going outside.

But deep down, I knew I had to fix it too.

There was no other way to reclaim my rightful place on the throne. This was my destiny.

Some might call what happened next an unbelievable act of bravery.

Others might characterize it as foolhardy or even heroic. All I know is that when I left the washroom, I was just a man. When I returned, I was a man with a plunger.

"You will not win," I hissed, as I raised my plunger to the sky. "For I am well-trained in the dark arts."

If my toilet felt any fear, it did not show it. Then again, it had faced countless terrors before.

I charged with a curdling war cry and then lunged. And the plunger found its mark.

Approximately 200 lunges later, I withdrew and tried to flush it.

There comes a moment in a man's life where he realizes that he has made a dreadful mistake.

And as I stood there and watched the water levels rise, I knew that this was another one of those.

Luckily, as I was looking for sandbags, the waters withdrew, a mere inch from the lid.

Some might call it a coincidence. I took it as a sign that my adversary was ready to talk. Somewhere along the line, I had heard that flowers responded favourably when you talked to them. I figured I had nothing to lose.

"Look," I began, "I know I haven't exactly been good to you."

I let those words settle for a minute or two, while I plunged, a little more, this time with the rubber end.

"You're good at what you do," I said, quite sincerely. "Not a lot of inanimate objects would put up with this crap."

Not surprisingly, this didn't work. In fact, half an hour and approximately 4,000 plunges later, the toilet was still on strike.

It was time to get serious.

I did what any man would do in times of coffee-induced trouble. I applied everything I had ever learned, by accident and osmosis, into solving the problem.

It wasn't easy but it was, by my definition at least, heroic.

I won't go into all the technical details. Suffice it to say that I fixed it – using only my brains, brawn, know-how, God-given talent and a lot of help from a good plumber.

Now, it's time for another coffee.



Steve Galea
Loon Tales



pic of the past

The Wilberforce Public School, as it was known as in the fall of 1948 saw this group of students. From back row, left, B. Sedgewick, J. Male, D. Anderson, D. Ackley, M. Ferguson, F. Billings, S. MaKay and Max Archer teacher. Middle row from left, M. Scott, M. Saunders, E. Taylor, B. Mitchell, D. Levitte, A. Young and J. Mitchell. And in the front row, from left, M. McNeely, M. Levitte, G. Agnew, R. Male, B. Young, Mel Miller and D. Mumford. Wilberforce Elementary School, as it is known today, is celebrating their 100th anniversary on Saturday, April 30. Photo submitted by Hilda Clark.

letters to the editor

Poll speak

To the Editor,

Re: "Poll results" page 6, April 5, while it wasn't a scientific poll it confirmed what many political scientists assert: many more voters, 43 per cent you say, vote for a party and only 13 per cent vote for a specific candidate.

Your 43 per cent may be higher for the province as a whole because the popular notion is that the Haliburton etc. constituency may emphasize local candidates. At least that was the conclusion of your reporter after the March 9, 2009 provincial byelection here. "A majority of voters here prioritize person over party." I'm sorry I can't provide the writer's name. Rick Johnson was elected over the PC party leader John Tory.

According to Denis Pilon, page 35, *The Politics of Voting, Reforming Canada's Electoral System*, "voters regularly report that party label - the names and perceived identities of the different parties - is the key factor informing their decision about how to vote."

For that reason, our electoral system should return party representatives that closely match in number and proportion the votes of the people. No, 38 per cent of Bloc votes should not return 50 of 75 Bloc MPs, 67 per cent of MPs in Quebec. Nor should, 65 per cent of Conservative votes in Alberta result in 27 of 28 Conservative MPs, 96 per cent of Alberta MPs.

These dangerous distortions are not what the people intended with their votes. We need to fix this problem. This is a representative democracy where representation of the voters is badly distorted for all parties in all provinces and regions.

Fair Vote Canada has possible solutions at www.fair-vote.ca.

Jim Milne
West Guilford

Who is the voice of our county?

To the Editor,

After reading the latest *County Voice* newspaper, one gets the feeling that this is not voice of the county, but rather voice of the Liberal Party. It is free of charge and this makes me wander, who pays the piper? (Don't you know dummy!)

Oh, by the way, don't forget that scientifically speaking, we are all Liberals and have to vote Liberals, according to the scientific CBC clock. If you have any doubts, ask the expert like Peter Mansbridge, or watch his body language when he reads the pre-election news!

Is it going to buy more votes in the upcoming election? I doubt it. Not everybody in this county is Liberal and many people are smart enough to know that there is no "free lunch" in all of those empty pre-election promises. Most of the people know from their home finance budgeting that before they can spread the money around, their house fiscal situation has to be put in order, eliminate the deficit and gradually reduce the debt. Nobody wants to sink our country in to the bottomless pit of debt and leave the burden to our children.

Have a nice day everybody!

Milan Frybort
Tory Hill

More letters to the Editor
on page 8

letters

There are 'littles' out there that need 'bigs'

To the Editor,

Thank you for your article in the March 22 edition of the *Echo* about John Simpson and the Big Brothers/Big Sisters organization of Kawartha Lakes and Haliburton.

Since I am also a Big Brother in the Haliburton area, I do appreciate the fact that the *Echo* is shedding light on this wonderful organization and the opportunities available to men and women in this community to help out.

I was recently matched with a nine-year-old young man here in Haliburton County. I look forward to building a positive relationship with my "little."

We have already played table tennis and

basketball together, as well as visited the wolf centre at Haliburton Forest. We have also had a couple of meals together.

Our relationship is growing and we are having a lot of fun together. I am really enjoying being his "big" and his mother tells me that he is thoroughly enjoying our relationship as well.

I am writing this letter to encourage other men and women in the Haliburton area to volunteer to be "bigs" to some "littles."

From 1995 to 2007, I ran a mentorship program in the south suburbs of Chicago for young African American boys who needed a male role model in their lives.

As a result, I know how difficult it is to find people who are willing to act as a mentor. Therefore, I am writing this letter, hoping that

some of your readers will become interested in volunteering.

The person they should contact is Jim DeFlorio, executive director of Big Brothers/Big Sisters.

He was the person I contacted when I wanted to volunteer. Jim can be reached at jim@bigbrothersbigsisters.info and at 705-324-6800.

Jim is very accommodating and is very helpful in getting such a relationship going.

This is an extremely rewarding experience for all of the "bigs" and can make a tremendous difference in the life of the "little."

Gord Cochrane
Haliburton

To the Editor,

I have voted Conservative in the past. But for some time I have been so upset by the character assassination and negative TV ads that I cannot even listen to them. Barry Devolin's petty boycott of *The Voice* was the final straw. He can decide to advertise where he wishes. Also, Laura Redman can take unpaid leave from that paper to run as a Liberal candidate. As a voter I can make my decision as to the validity of any announcement or newspaper article. It sounds as if the Conservatives are so worried about the opposition parties that all they can do is throw MUD? Unfortunately, in my opinion, most of the MUD is sticking on the throwers.

Wilma Warne
Haliburton

Devolin shouldn't have insinuated unfairness

To the Editor

I read the interview with our outgoing member of Parliament in your April 5 edition.

I am outraged that this individual casts doubt on the integrity of Stephen Patrick, a man who in all my dealings with him has proven to be fair and just.

Mr. Patrick has always demonstrated his professionalism and integrity as editor of the *Voice* over the last few years. The reporting of the *Voice* on many controversial issues such as the airport expansion, the Trent Waterway System and the last municipal elections have been unbiased and impartial. In every case he has given both sides the opportunities to present their views.

Mr. Devolin reflects the attitude that I find so appalling with this Harper-led government. People who contradict or are perceived to oppose their views are attacked, be they parliamentary watchdogs such as the budget officer,

the elections commissioner, the military and RCMP ombudsmen, the head of the nuclear review board, ... The Conservative attack dogs, Pierre Pollièvre and John Baird, with their mindless personal attacks during question period are reflective of this confrontational nature that makes most Canadians ashamed of their parliamentary representatives.

Another trait that I have a hard time accepting with the Harper-led government is the blame game when confronted with cases of wrong-doing. The finger is always pointed at lower level aides and public servants. The latest examples if we believe the Conservative rhetoric are:

- the investigation of Mr. Carson, a top-level aide to Mr. Harper, who got his top secret clearance as a result of errors of officials in the Privy Council Office,
- the ousting of students and veterans from Conservative political rallies in case they ask embarrassing questions were the result of over-

zealous RCMP officers,

- the systematic attempts to foil requests for information are the result of young aides in minister's offices.

I worked for 25 years as a public servant in Ottawa providing IT services to minister's offices under Pierre Trudeau, Joe Clark, Jean Chrétien, Brian Mulroney and Paul Martin. Never have I seen the lack of accountability and integrity demonstrated by Harper and his ministers when faced with adversity.

Our outgoing member of Parliament should not be so fast in throwing insinuations at Mr. Patrick. In the 2006 elections, it is alleged his party circumvented the election laws on party advertising by sending money to riding associations who promptly returned it to the national association to overspend the spending limits. This case is being tried in federal court and four high-level party strategists face jail terms for trying to buy the election. Our riding association was part of this in and out scheme. Tax-

payers were then forced to pay for expenses that were never incurred at the local level. The total fraudulent expense claims represent approximately one million dollars. If taxpayers submitted fraudulent expense claims when submitting their income taxes they would be in jail for a lot less money.

I think our outgoing member of Parliament should apologize to Mr. Patrick for casting these insinuations on his character and the integrity of the newspaper he represents. His boycott of advertising in this paper and providing interviews to a source of information that is well read in our community will only diminish his chances on May 2, 2011.

Will his boycott extend to the all candidates meeting where reporters from the *Voice* will be in attendance?

"A bon entendeur, salut!"

Robert Bourdon
Haliburton

Taylors feel love

Darren Lum
Staff reporter

Minutes before she dropped the puck with her two boys, Heather Taylor was feeling the love, surrounded by compassion.

"Only in a town like Haliburton would you get that kind of response. It leaves you with a feeling that you're safe and you're cared for. It doesn't matter what happens you'll be OK," she said, adding security is foremost in her mind.

Heather's husband Stuart was left paralyzed after an accident at work late last year. The family officially started the charity hockey game between the Minden and Dysart fire departments that accepted donations to help the Taylor family.

Left, Minden Hills fire department chief Doug Schell readies for the ceremonial puck drop by the Taylor family of Alex, Heather and Colt, with Dave McKay of the Dysart fire Department at the Dysart Arena on Saturday, April 9. The charitable game helped to raise close to \$700 for the Taylor family.





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Sugaring off

Photos by Darren Lum



Top left, a single drop of sap from a bucket tap during the early days of this season's maple syrup season on the 10 acre property dedicated to the hobby production belonging to Gooderham resident Brian Menton.

Above, Menton taps his spigot into the tree to collect the tree sap for maple syrup during the last few weeks of March. He collects using buckets and lines. Menton sells his syrup locally and serves guests accommodated at his home.

At right, Menton climbs his ladder to inspect the sap stored in his storage tank at the back of his evaporator building in the first few days of the maple syrup season a few weeks ago.



Top, Menton has 10 acres of his Gooderham property dedicated to sap collection, using 350 taps with a combination of lines and a small number of buckets. He collects about 500 litres of sap on a "good day" and averages around 4,100 litres of sap in a season. The common ratio in litres is 40:1 for sap needed to syrup made.

Above, Menton drains the sap after it has been boiled. Menton, who has been a hobby maple syrup producer for the past 11 years, still cannot figure out what circumstances are perfect for a "good run" of sap.

Staff changes within municipality of Dysart

Angelica Blenich
Staff reporter

The following are brief reports of items discussed at the April 4 meeting of Dysart et al council.

Recent shuffling at the Dysart municipal office will result in some new faces and new responsibilities for current staff.

A bylaw appointing former roads superintendent Brian Nicholson to director of public works was passed by members of council effective April 4.

A newly created position, Nicholson will oversee the roads department along with environment and parks and recreation.

The municipality is in the process of hiring an assistant roads superintendent to take over some of Nicholson's former responsibilities.

Council also appointed new member of staff Ron Henselwood to the position of municipal law enforcement officer.

Henselwood will replace former officer Matthew Aldom, who has been appointed to the role of municipal building inspector. Aldom replaces Curtis Greenham, who has since left the role.

The municipality is also currently in the process of seeking a new chief administrative officer. Current CAO Tammy McKelvey will serve her last day with the municipality on April 18.

Official plan process moves forward

The municipality is in the process of completing a general review of the zoning bylaw.

"The purpose of that is to make sure it conforms to the updated official plan and also meets the long-term planning needs of the municipality," said municipal planner Pat Martin.

The official plan was first adopted by council on June 14, 2010 and approved by county council on Nov. 24, 2010.

Council approved the draft review on April 4.

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Laura REDMAN

Candidate for Member of Parliament
Haliburton-Kawartha Lakes-Brock

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Upcoming event: All Candidates Meeting at Fleming College, Haliburton Campus, starting at 7 p.m. on April 13

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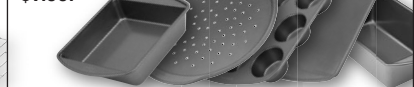
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Midwives bridge the gap in rural health care

Jenn Watt
Editor

It's tough to get a hold of Rebecca Weeks-Toth. One of two midwives at the Bancroft/Haliburton practice, Weeks-Toth is more likely to be driving around the backroads of the county visiting pregnant women than sitting in the office waiting for a call.

When she does find time in her hectic schedule, the midwife is full of energy and passion for the women she cares for and the profession she's fought so hard to bring to the county.

"There was a time I thought of leaving Haliburton and going back to my urban practice, but the thought was fleeting," Weeks-Toth says.

"I think I am meant to be here and I am not going anywhere."



Left, Rachel Howell is examined by registered midwife Lori Steele at the Midwifery Services of Haliburton County-Bancroft Haliburton location on Wednesday, March 9. Howell, 30, delivered her son Eli March 29. Her first son was delivered with the aid of a midwife in Lindsay.

Darren Lum Echo staff

Since its establishment in 2008, the midwifery practice, Midwifery Services of Haliburton-Bancroft, has flourished.

Part of its success is based on a growing acceptance of the profession, another is how midwifery makes up for the shortfalls of rural health care.

"I had always known I wanted a midwife," Mary Cannon of Haliburton says.

Her first child, Paul, was born in July of 2009 with Lindsay midwives, before the Haliburton service was well established in the community.

She was happy with the service, but was pleased to have the local option when she got pregnant with her son Eli.

"It was really nice to have somebody in town," Cannon says.

Midwives provide pre- and post-natal care to women from early pregnancy to six weeks after delivery. They are trained in neonatal resuscitation and emergency skills dur-

ing their four years of university study.

Before 2009, women who wanted to deliver their babies in town could do so at the Haliburton hospital with Dr. Norm Bottum.

But in the winter of that year, the Central East LHIN decided that service was too risky given how few births were done a year and how few nurses were trained.

It was a decision bitterly opposed by the midwifery clinic.

"Somehow, it is believed that keeping a bed available in Haliburton for low-risk deliveries and appropriately training staff is much too costly. They do not, however, think that transporting women out of their communities or inductions of labour [is problematic]," Weeks-Toth says.

Though Haliburton's hospital could, in an emergency,

see HUSBANDS page 13

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Partnering Community to Reduce, ReUse, Recycle and Foster Sustainability

'Husbands are great, but they're not medical professionals'

from page 12

deliver a child, no birthing services remain – leaving local women with few options.

"It's not so much about the hospital, it's about having a good space to have your baby," Weeks-Toth says.

In the wake of the LHIN decision the midwifery practice grew.

Gaining privileges at Bracebridge's South Muskoka Memorial Hospital this winter on top of those they already had at Orillia Soldiers' Memorial Hospital, the two midwives (Weeks-Toth and Lori Steele) cover Haliburton County and Bancroft areas providing pre- and post-natal services.

Cannon says her decision to use a midwife had to do with the continuity of care; midwives spend a lot of time with their clients, doing home visits and providing information on pregnancy.

She had her children in the hospital, but said she preferred having a midwife because she "spends more time with you."

"I could never have made it through my second birth if Rebecca [Weeks-Toth] wasn't there," Cannon says.

Driving in a convoy to Bracebridge (Orillia was too far for how quickly the labour was progressing), Weeks-Toth was with Cannon and her husband Adam all the way.

"I had to stop at the gas station and Rebecca was right there with me. Husbands are great, but they're not medical professionals," Cannon laughs.

She says she would have been scared to use the Haliburton hospital for her first birth, but given how easy Eli was, she'd have no problem if it was available.

Rachel Howell of Haliburton has a similar story.

Her first son, Kingston, was born in 2009 using the Lind-say midwives.

Roman, born March 29, was a pregnancy under the guidance of the Haliburton midwives.

"He was a quick arrival," Howell says.

Very quick.

Roman didn't even wait for her to reach the hospital waiting room. He was born in the bathroom of the Orillia hospital before the midwife could get there.

Though the midwife wasn't present for the actual birth, Howell says she was an integral part of the pre-natal care.

"I like the personal aspect of it. It's really all about you and the baby," she says.

"They're very involved and give you that extra attention that you wouldn't get with a regular doctor."

The benefit of the Haliburton midwives, Howell says, is that they do home visits since they're so close.

"It was awesome. When we were going to Lindsay [with the first pregnancy], you'd have to take a day off work I ended up having to drive after I had him to Lindsay for those followup visits."

Howell agrees with Cannon that if Haliburton had a place for her, she would be happy delivering her child there.

"I would have loved to be able to go to the Haliburton hospital. I was nervous for travelling for the harder part of my labour."

As the clinic gains privileges at more hospitals, Weeks-Toth's job gets easier.

She still holds out hope that obstetrics will come back to Haliburton hospital, and is focusing on fostering relationships with the HHHS and doctors.

"Most women [we serve] are self-referrals. We are slowly getting referrals from family doctors," she says.

"We don't need them to provide us with a bed, we simply need them to accept that we are here and communicate with us and acknowledge us as colleagues that are providing a vital service to this community ...

"I hope we can continue to build a relationship of trust and support and understanding and of community."

See more photos of the midwives of Haliburton and Bancroft on our website www.haliburtonecho.ca.



Darren Lum Echo staff

Six week old Julia Laffert receives her six-week post-partem check-up by Midwifery Services of Haliburton-Bancroft's registered midwife Rebecca Weeks-Toth with mother Kristina Houghton, 32, smiling at back at the Haliburton location. This check-up examined the health of the mother and daughter and is the last visit for Houghton.

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As SIRCH Community Services celebrates Volunteer Appreciation Week we take the time to reflect and gratefully acknowledge the multitude of wonderful volunteers (past and present) who have made SIRCH what it is today. **THANK YOU!**

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HAVEing a good time

A student receives a henna tattoo of the Chinese character for passion during the buyout to raise money for Help A Village Effort on Friday, April 8. The Interact club, which is a youth branch of Rotary, held activities all week to raise money for clean drinking water and sanitation facilities for a school in India.

By the end of last week, the Interact Club had raised more than \$4,000 for HAVE with money coming from last year's Rotary Radio Day, Lauren Devolin's bake sale, a wishing well, tickets for cream pies (to throw at teachers) and a class buyout.



Del Meyers expresses his satisfaction hitting his opponent in the joust activity during the Rotary Interact Club buyout. The Interact Club thanked the teachers, support staff, students, parents and community members for their help in raising money.

Photos by Darren Lum

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Haliburton Highlands Secondary School teacher Mark Flatman cleans cream from his face after getting "pied" during the Rotary Interact Club buyout.

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Case examines whether park's land is subject to public laws

from page 1

"What we're trying to clarify is occupier rights for our property," said Steve Pogue, Dysart et al councillor and president of the Harcourt Park board. "We have 7,000 acres and when people buy into Harcourt Park they're buying a lease hold interest and the concept is you're buying exclusive access to your lease hold interest property and shared access to the common lands. That includes the roads, lakes, back lands."

The board believes the charges, which were laid on back trails and roads located within the park, occurred on common lands belonging in part to Gillespie.

"So what the case is trying to set the precedence for is that park members are occupiers of their lands," said Pogue.

"Basically we have a case before us, under the Provincial Offences Act, for not wearing a helmet on a John Deer Gator. That isn't really what the case is about. The defense is because that person on that gator is a member of the park he is an occupier of the land and is thus exempt under section 19 (2) of the Off Road Vehicles Act."

The board supported Gillespie's defense against the charges on Oct. 21, 2010, when a Justice of the Peace heard the case.

On Jan. 6, 2011, Gillespie was found not guilty as he was considered an occupier of the land and therefore section 19(1) of the ORVA did not apply.

On Feb. 3, 2011, the OPP launched an appeal of the decision, which will be tried before a judge on June 14.

“

[The ruling] affects more than just this one case, it affects possibly hundreds of charges.

— Prosecutor Kim Page

"The police obviously don't agree with the ruling," said Kim Page, prosecutor for the City of Kawartha Lakes, assigned to the case. "It affects more than just this one case, it affects possibly hundreds of charges and [the OPP's] ability to enforce fines in that area."

The possibility of setting a new precedent, said Page, is the reason for the appeal.

"They [OPP] just think it was a bad decision that needs a higher court ruling," said Page.

"We're hoping the decision upholds and that'll clarify our position on our occupier rights," said Pogue. "And then we'd like to have a meeting with the police to come up with an enforcement plan for our property."

According to Pogue, the park currently has its own internal bylaw that states residents should wear helmets on off-road

vehicles and motorized snow vehicles.

The park maintains its own internal enforcement for those who do not abide by the bylaws.

"We use the peer pressure system, letters from our executive," said Pogue.

Harcourt Park has the jurisdiction to throw members out, which has only occurred once in its 50-year history.

Pogue, who has been cottaging in the area for the past 35 years and has been a full-time resident for eight, said the current case before the courts is a first for Harcourt Park.

The park's relationship with the OPP is one that has changed through the years.

"The current argument is who should be policing the no-helmet rule? Should it be


Harcourt Park or the OPP when it's on our own property? It's a grey area and the only place it can be solved is in a court," said Pogue.

"Both sides want a decision that settles the issue once and for all," said Page.

"If there's a decision that's not in our favour my recommendation to the OPP would be they would have to contact their own legal council and get some directives as to whether or not they continue to enforce in that area," said Page.

Regardless of the upcoming decision Pogue hopes the park and the OPP maintain a positive working relationship.

"We've made it very clear from a management perspective that we want them here," said Pogue.



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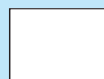


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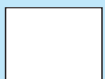
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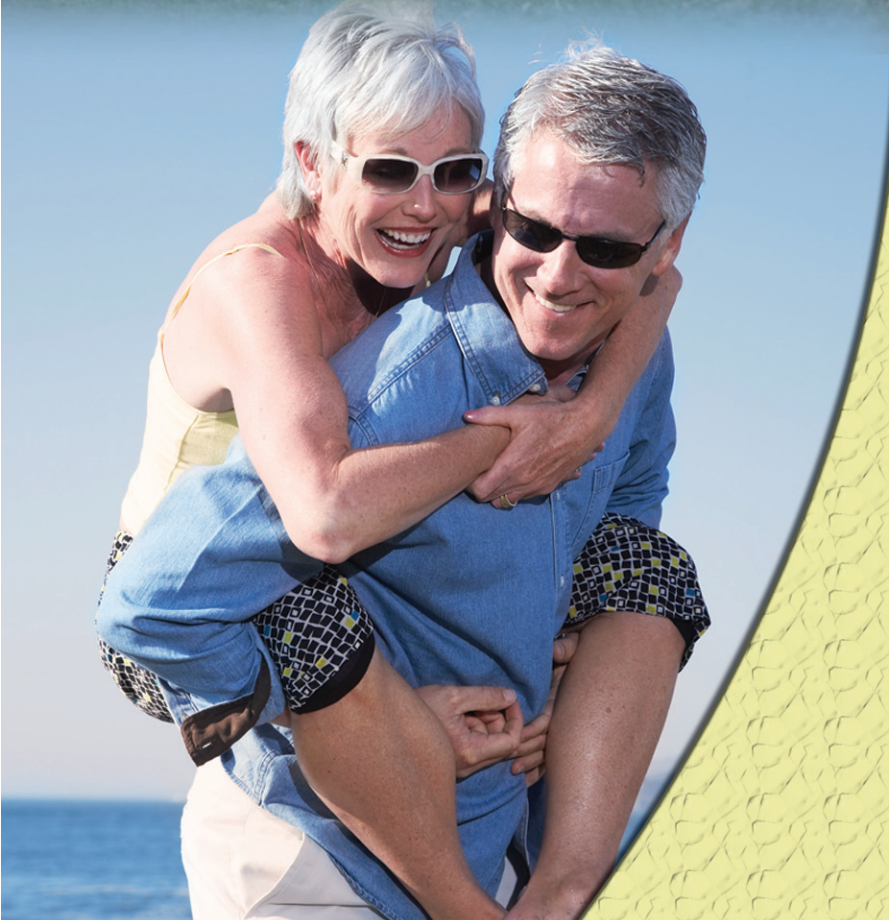
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- **Yoga in retirement**
- **Meeting seniors' challenges**
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Lynda Shadbolt loves to work with seniors of all ages, and teaches yoga at the Blue Sky Yoga Studio in downtown Haliburton. /Angelica Blenich photo

Yoga in retirement

Moving into the retirement phase of life brings you all kinds of new opportunities and possibilities. After spending years of being dedicated to your work, you often have more time to spend doing the things you love, and also to pursue new interests and hobbies. Many years ago retirement may have been associated with becoming more sedentary as people age, but the opposite is true today. Retirement is the perfect time to continue, and pick up healthy habits and hobbies that will promote longevity. Although much of the media portrays yoga with a young person doing a complicated twist or handstand, that is not the full spectrum of what yoga has to offer. People of all ages, and abilities (less and more flexible) can enjoy yoga and receive lots of benefits from it.

There are many styles of yoga that are available and so every person can find something to suit them. The kind of yoga a person chooses depends on their age, current fitness level, physical ability and interest. If someone is starting a practice for the first time, or after years of being sedentary (limited flexibility and strength), then a gentle hatha yoga practice or qigong is recommended. If someone is already an active person (playing sports, and other recreation) then a more moderate practice may be appropriate. If you are new to yoga, what is important is to do your own research. There are many good books and Internet resources that can answer basic questions. The next step is to find a yoga teacher in your area and talk to him or her about what you need, and also learn about his or her quali-

cations and experience. In the end, you want to work with someone who you feel comfortable with, and has the experience you want.

The benefits of yoga for seniors are much the same as those for the general population: increased muscle tone, joint mobility, balance, strength and improved mood. A yoga class can be a great way to meet new people and to be part of community that is dedicated to being healthy and happy. A regular yoga practice can be therapeutic for tight shoulders, tight hamstrings, sore lower back etc. Through pranayama (breathing exercises) lung capacity is increased. You can expect your posture to improve and you may sleep better. If you experience stress, yoga can help counteract that too. It is important to remember that these benefits will not come overnight after a single yoga class. Yoga is like anything - it takes time and practice. If you take piano lessons for a year, you will play differently after a year. If you take yoga lessons for a year, you will move differently in your body.

As with any new fitness activities, it is always recommended that you check with your doctor first to ensure that the yoga practice will be beneficial for your specific needs.

Lynda Shadbolt loves to work with seniors of all ages, and teaches yoga at the Blue Sky Yoga Studio in downtown Haliburton. For more information about her programs you can check out www.haliburtonyoga.com or call Lynda at 705-457-3121.

Haliburton



Yoga

Yoga for Senior's

Lynda Shadbolt
Blue Sky Yoga Studio

info@haliburtonyoga.com
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www.haliburtonyoga.com

What is the number one challenge for seniors in this county?

Community Care Haliburton County has been providing services to seniors (55+) and adults (18+) with disabilities for more than 30 years.

A registered charity founded in 1980 by Doris McCann, recognizes the limitations seniors experience community care for remaining in their own homes as they age.

McCann knew the importance of giving seniors and adults with disabilities and/or illnesses the right to choose where they live and most people choose to live autonomously in their own homes.

McCann rallied the local community and with great tenacity created Community Care Haliburton County.

One of the greatest challenges that seniors face in our county is the geographic scope; we cover 4,500 square kilometres, much of the county is rural and clients have to travel for simple tasks such as grocery shopping, doctors' visits and collecting prescriptions.

Of the 10 services that Community Care Haliburton County coordinates, transportation is one of the most requested. In the past fiscal year (April '08 to March '09), our staff coordinated with the assistance of more than 100 volunteers:

Frozen meals on wheels : 13,968

Transportation: 7,592 trips



One of the greatest challenges that seniors face in our county is the geographic scope, we cover 4,500 sq km, much of the county is rural and clients have to travel distance for simple tasks such as grocery shopping, doctors' visits, and collecting prescriptions.

Emergency response units: 200 responses

Diner's club and social recreation: 3,138 diners

Home help and home maintenance: 150 billable hours

In addition to providing services our dedicated volunteers help in coordination and planning special events to augment our fundraising goals that enable

us to continue to offer services and expand. We work in conjunction with partnering agencies to ensure the needs of seniors and adults with disabilities are met.

Community Care Haliburton County falls under the funding umbrella of the Ministry of Health and are partially funded by Central East Local Health Integration Network (CE LHIN). However, these funds need to be augmented by community fundraising to fulfill our mandate.

With the economic downturn we are seeing a greater demand for our services and a greater need in our community for subsidy and assistance. We have established a subsidy program to ensure those in the greatest need with the least financial income are addressed.

Isolation in a rural community is very real problem; we have initiated social recreation as a way to combat loneliness and isolation. We host cribbage, bridge and the ever-popular Wii (Nintendo computer game console) in our drop-in centre. During the seasonal heat and cold, we open our drop-in centre as a "cooling or warm up" station. During these sessions, we are often able to recognize needs of our neighbours and recommend a support service to ensure a better quality of life.

-Submitted by Community Care Haliburton County



705-457-2941

We provide a host of services to seniors and disabled adults:

- Meals on Wheels/Diner's Club
- Emergency Response System
- Home Help & Home Maintenance
- Social Recreation
- Telephone Security Checks
- Transportation
- Friendly visiting

People Helping People 

www.communitycarehaliburton.com

Are you among 55 per cent of Canadians without a will?

As a lawyer in practice for more than 35 years, I am of the sincere opinion that there is nothing more important for seniors than the creation of a properly framed will and power of attorney that meets their needs and the needs of families and beneficiaries.

Statistics show that at least 55 per cent of Canadians do not have Wills and powers of attorney, and of those that do, a substantial number do not have up-to-date or properly framed documentation.

Last will and testament

A will is a written document directing the disposition of your property after death. We are able to select an estate trustee, i.e. the person who will administer our estate in accordance with our wishes and intentions, and dispose of our property in the best interest of our beneficiaries.

It is important to understand that wills are voided by subsequent marriage, unless made in contemplation of marriage, and thus, anyone who has married or remarried and not created a new will is without a will to properly dispose of his or her assets.

My best advice is that a will should be reviewed every year to determine if any changes in your assets, family and beneficiaries affects that will. A review with a competent lawyer should be undertaken every five years, given



If one has a power of attorney drawn prior to 1995, it will deal only with property and not be capable of providing direction regarding personal care.

— Raymond Selbie

that there could be changes in the law and changes in family situations that require review and amendments.

Failure to have a will requires an application to the court for an appointment of estate trustee, at which time the distribution of your estate will be in accordance with the provisions of law, i.e. statute, rather than in accordance with your wishes, or even the best interests of your family and beneficiaries.

Power of attorney

Since 1995, we are able to grant powers of attorney for personal care as well as property. These continuing powers of attorney for property and personal care have a specific form that must be followed.

If one has a power of attorney drawn prior to 1995, it will deal only with property and not be capable of providing direction regarding personal care.

An attorney under a continuing power of attorney for property and personal care has the power to do anything in respect of property that the grantor could do if capable, except make a will.

The Substitute Decisions Act places strict obligations on the person acting under the power of attorney for personal care and/or property, to always act in the best interest of the grantor, in accordance with the powers provided by the document itself and the statutory restrictions contained in the Substitute Decisions Act.

The power of attorney for personal care (sometimes called a living will) is designed to express our intentions and to inform our family, physicians, lawyers, clergymen and others who may become responsible for our health care, how we wish to be treated. It allows us to express our philosophy of death with dignity and free of pain

see A LIVING WILL page 5



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A living will represents your wishes



The expression of exactly how we wish to be treated, or withdrawn from treatment in the event of impending death, must be properly framed in a format that can be understood and followed by our medical providers.

— Raymond Selbie

from page 4

when continued existence through an illness may cause needless psychological and physical agony.

The expression of exactly how we wish to be treated, or withdrawn from treatment in the event of impending death, must be properly framed in a format that can be understood and followed by our medical providers. The involvement of

proper competent legal guidance is essential to prevent wording that may not be followed by doctors because it has no legal or medical meaning.

I have often seen carelessly drawn powers of attorney for personal care that use words such as, "pull the plug" or similar forms of supposed direction that cannot be legally or medically followed.

We are fortunate to live in a society that affords us the opportunity of placing our desires and intentions in writing. Each of us should implement a will and power of attorney to prevent negligence in regards to our own situation and to assist our loved ones as they put our wishes into action.

Remember, if you don't utilize a lawyer when you formulate your will and power of attorney, you will have no recourse if the documentation prepared is faulty, or does not sufficiently set forth your wishes. You would not trust your medical care to a mechanic, and certainly should not trust your legal matters to anyone other than a qualified, licensed legal representative, trained and insured, to serve your specific wishes and needs.

- Submitted by Raymond Selbie



Many seniors cohabitating instead of marrying

According to United States Census Bureau (USCB) data from 2000 to 2008, more and more seniors are choosing to cohabitate instead of remarry.

Between 2000 and 2008, the number of seniors choosing to cohabitate nearly doubled from 1.2 million to 2.2 million.

That makes for a significant finding, as USCB results also indicated that seniors were the fastest growing group in the United States.

That figure also holds up across the globe. According to the Administration on Aging (AOA), in 2000 there were approximately 605 million people over the age of 60 across the globe.

However, the AOA predicts that figure to reach two billion, a significant prediction as, if it holds true, it will mark the first time in history people over the age of 60 outnumber the amount of children under the age of 14.



Rick Johnson, MPP

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25 years serving county's ears

Since 1986, Gord Kidd has been providing hearing tests to clients in Haliburton County.

As a registered hearing instrument specialist and dispenser, Gord has 25 years training and experience.

If the test implies a medical solution, Gord will provide a copy of his test to your doctor.

Getting your hearing tested after the age of 50 should be part of your overall medical file.

Many wait until their hearing becomes poor, and then come for a test at the insistence of their family and friends. Gord does not charge his clients for adult hearing tests.

If the test implies a hearing device will improve your hearing, Gord will fit a hearing device from a variety of models available from the world's leading manufacturers. Gord does not charge you for this.

Gord says, "I first provided hearing tests in Dr. Dawson and Dr. Holiday Rhode's offices in Minden in the mid-1980s. There was a need for my service, and since I had enjoyed the beauty of the Highlands from my early teens as a hiker and camper, it was not a difficult decision where I would work and live. I opened my first office in Minden. I purchased my home at Minors Bay." Since 1999, his home is in Haliburton Village.

"My wife Kathryn and I are so very grateful to live and work in this beautiful county," Gord continues. "We are here to serve the hearing impaired long after they receive their hearing aid(s). We are testing in four locations in Haliburton County: Minden, Haliburton,



Darren Lum Echo staff

Hearing instrument specialist Gord Kidd shown at his Haliburton branch was last year's recipient of the Access Award for Haliburton region awarded by The Canadian Hearing Society Peterborough region branch.

Kinmount and Wilberforce. For your appointment call 705-457-9171, or toll free 1-866-276-7120."

Hear today ... hear tomorrow.
-Submitted by Gord Kidd



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Uniworld offers an exceptional way to experience the best of Europe free of the stresses associated with today's travel.

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Unpack, unwind and leave the rest to Uniworld.

So much is included – shore excursions hosted by local guides, all meals onboard with complementary European wines, choice of beer, and soft drinks, airport transfers and so much more.

Uniworld offers many itineraries, such as Budapest to Amsterdam on the Danube and Rhine River, castles along the Rhine from Amsterdam to Basel and my personal favourite: Paris and Normandy, including visits to the beaches of Normandy and Monet's home in Giverny.

I feel that a Uniworld River Cruise would be perfect for seniors ... no packing/unpacking day after day, no tenders to get to shore, a great menu selection to



River Princess in Durnstein, Austria. /Supplied photo

suit everyone ... a leisurely paced vacation if you so choose.

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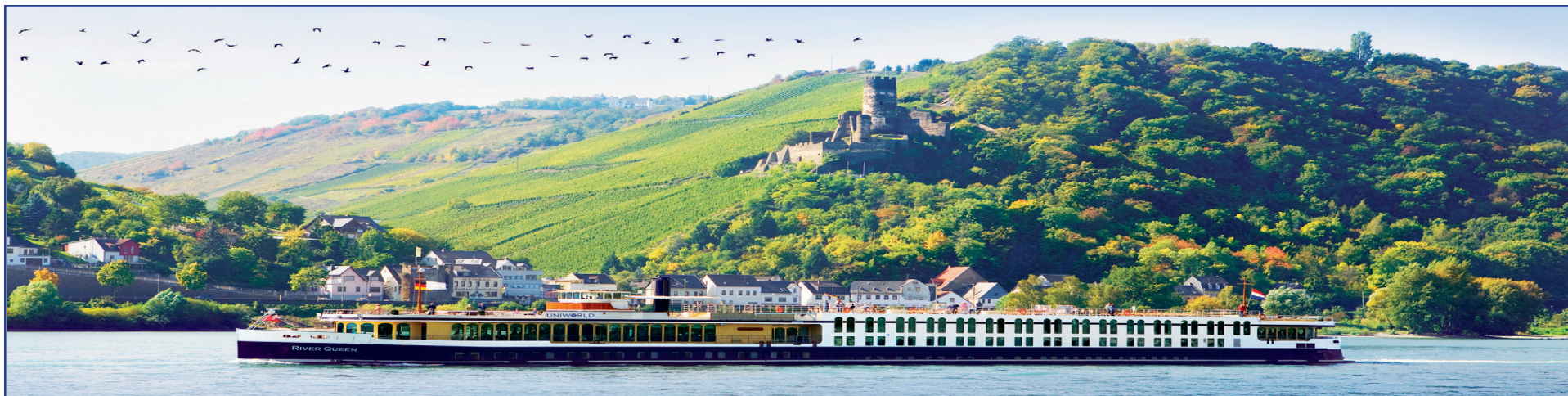
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Please join me, Linda Coneybeare of Travelplus, at the Royal Canadian Legion Haliburton on May 4 for a cruise presentation of Uniworld plus other great cruise lines.

Watch the *Echo* and *Times* for further information.

And remember ... "Around the World, Travelplus Takes Good Care of You."

-Submitted by Linda Coneybeare



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For more information, please contact Linda Coneybeare at 705-457-3290. License no. 50015117. 201 Highland St., Haliburton.

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Lee Gauthier 286-2138 x 28

Must See! \$389,000



190' level point lot on Minden Lake with a well cared for 3 BR home featuring 2 baths, w/o family room, stone fireplace and over 500 sq ft of deck. Dock and beach area for excellent swimming and diving.

Elizabeth Thompson 457-2128 x 52

12 Acres! \$79,000



Newly severed 12+ acres very close to public access on Davis Lake in an area of upscale homes and cottages. Over 700' of township road frontage. Land is high and dry with granite outcroppings. Backs onto crown Land

David Lee 286-2138 x 27

Overlooking Maple Lake \$349,500



Royal Victoria R2000 home features 4 BRs, 2.5 baths, full unfinished bsmt and an attached 2 car garage. On 13 level, landscaped acres. Access to the lake just across the road

Greg Stamp 457-2128 x 28

In Town Living! \$252,000



Modest 3+ BR boasts large living room & dining room with walk out to deck, screened porch and country yard. Great access & excellent privacy.

Drew Bishop 457-2128 x 23

Location! Location! Location!



Great visibility, high traffic area, approx 3500 Sq Ft and a separate 2 bdrm house included. Great opportunity to start that new small business and be your own Boss! Call for further details.

Mark Dennys 457-2128 x 30

Great Value! \$174,900



Bright, charming, 4 season, 3 BR cottage/home on dbl lot with great deeded access to Negaunee Lake. Many upgrades including roof, kitchen & bath. Drilled well and septic, easy yr rnd mun. rd. access.

Susanne James & Andy Mosher 457-2128 x 33

Superior Quality! \$869,000



Magnificent timberframe cottage, hardwood floors, gourmet kitchen, granite counters, 2 fireplaces, 4 bedrooms, 2 baths, fully finished on two floors, private, well treed lot with southern exposure.

Derrell & Kim Stamp 457-2128 x 24

What a View! \$449,000



Year round sunset exposure of Gull Lake, 3 bedroom winterized cottage with additional bunkie. 150 feet of gradual sand waterfront, easy access and very private. Pure charm, fully turnkey.

Tom Ecclestone 286-2138 x 26

Family Waterfront Home \$379,000



250 feet of waterfrontage with great beach area on Minden Lake. Spacious 3 bedroom home, two baths, full basement with walkout. Nice private setting with an outstanding view for summer sunsets. Ready for occupancy.

Wilfred VanLieshout 457-2128 x 27

Beech Lake \$329,000



2+1 BR updated cottage with gorgeous sand beach facing NW. Large open concept updated kitchen, Thermal windows, Napoleon airtight and nice pine finishings make this cottage very cozy through 3 seasons.

Dagmar Boettcher 489-9968

Wilberforce Home \$134,000



3 bedroom, practical floor plan, lower level family room, maintenance free exterior, on large, corner lot, centrally located close to amenities & Dark Lake.

Deborah Deremo 457-2128 x 58

Soyers Lake Estate \$1,590,000



Prestigious 4600 sq. ft. residence with 220 feet of gorgeous shoreline and 20 acres of hardwood forest on Haliburton's most sought after 5-lake chain.

Deborah Deremo 457-2128 x 58

Boshkung Lake Lot \$349,900



Rare find on Boshkung Lake. Vacant waterfront lot with 285' of waterfront. Alternative building sites to choose from. Outstanding privacy, clean waterfront, big lake view and 3 lakes of boating!

Tom Wilkinson 286-2138 x 25

Dream Starter \$199,900



Beautiful lot on West Lake with 192 feet of frontage, mature trees, great privacy, year round paved township road, just 20 minutes from Haliburton Village for all amenities. Great retirement location! HST is in addition to the purchase price.

Derrell & Kim Stamp 457-2128 x 24

Jim Beef Lake \$109,000



Great building lot just outside of Haliburton Village and only 5 minutes from all amenities. Just under 1/2 an acre with western exposure. Beautiful natural setting.

Andrew Hodgson 286-2138 x 29

Glamor Lake \$379,000



3 bedroom 1 bath cottage on a tremendous point lot with 210 feet of frontage and fantastic big lake views. 3 season sun room, dining room and family all have big lake view. Pine floors, woodstove, detached garage & bunkie complete the package

Greg Stamp 457-2128 x 28

Minden Townhome \$164,000



This end-unit, 2 storey townhome is in immaculate condition. Large principal rooms open onto sunroom and back deck for your entertaining pleasure. Two bedrooms, both with ensuite baths. This one won't last!

Tom Gardner 286-2138 x 30

Beautiful Aurora Condo \$599,000



Fabulous 4th floor corner unit in excellent location. Over 1600 sq. ft. with open concept great room, 2 BRs, 3 baths, Den, many upgrades including engineered hardwood. Underground parking. Fantastic common areas include pool, exercise room and guest suite.

John Hincks 286-2138 x 50

Traditional Haliburton Cottage \$489,900



Excellent privacy on this 1 acre lot with to 249' on Halls Lake. 3 BR cottage features large living room with stone fireplace and a sunroom. Gazebo & boathouse with dock and a sandy beach.

Anne Moulton 286-2138 x 24

This May Be The One!



Sparkling fresh with attention to craftsmanship, this waterfront vacation property provides outstanding views of Moore Lake. The home includes three bedrooms, two and half baths and private guest accommodations. Many other features. By appointment only.

Peter Franzen 286-2138 x 52

Pine Lake \$399,900



Outstanding west facing level lot with a sand beach. Large open concept four season cottage features 4 bedrooms, 2 bathrooms and a large sunroom.

Erin Nicholls 457-2128 x 34

Residential Home \$187,900



1.3 private acres year round with all the WANTS!! Custom Kitchen, newer bathrooms, antique wood floors, level land close to lakes, Haliburton and Ski Hill!! Has to be seen to appreciate!

Janice Brookes 457-2128 x 22

Little Hawk Lake \$299,000



Boat Little & Big Hawk Lakes from this beautiful completely furnished cottage also comes with a 2 bedroom bunkie, chalet & workshop. Bonus - 4 boats & 2 canoes!

Ed Gibbons 286-2138 x 28

Great Opportunity! \$99,500



Country home on lovely 2.65 acre, close to Halls Lake public access. Main floor w/Mstr Bdrm, Walkout bsmt. w/2 Bdrms, laundry, rec room. Storage Building & Shed. Great Value.

Karen Nimigon 457-2128 x 29



Drew Bishop**
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Sports



The Haliburton Highlands Secondary School Red Hawks badminton team is sending seven players to the Kawartha Final to Thomas A. Stewart Secondary School in Peterborough on April 12. Haliburton played hosts for the senior badminton Kawartha qualifier on Tuesday, April 5. Leading the way, winning all three of their matches was the boys' doubles team of Jesse Schmidt and Drew Paul (top left), who will advance to the final with singles' player Bin Chun (top right), girls' doubles team Grace Diezel and Kaily Schell (above) and mixed doubles team of Tiffany vanLieshout and Scott Griffith. Photos by Darren Lum

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Recognizing great leadership

Darren Lum
Staff reporter

TTrue to character, he's quick to deflect praise for inspiring a generation of hockey players. Rob Meyers smiles easily and has a friendly hello for everyone he knows.

For the past 10 years, Meyers has been the Highland Storm Minor Hockey Association executive representative for the Haliburton County Hockey League.

He will step down after the April meeting, but will continue volunteering for the league, including coaching.

This decision was made to gain more free time, he said. "I'm basically only stepping down from the rep position [of the county league] on the executive. I don't know who will be filling that role as of now. I will still be involved with planning [and other areas], but want to leave it in good hands with the same philosophy and vibe," he said in an email.

"There are so many people that are responsible for the success of the league over the last 10 years. I am just one of those people. This spring, we will be reviewing all aspects of the league and make some changes to make it even better."

Meyers adds there are discussions to improve the league by adding courses for coaches to bring more skill development to the youngest players right up to eight-years-old.

Another step being considered is to reduce the playing area by half to further eliminate "space on the ice."

He is like many volunteers with children with as his eldest son Del and his younger daughter Brynn in the league. His contribution will not be forgotten when he steps

away from this position as hundreds of boys and girls between three and 17 have experienced Canada's game for the sheer joy of sport.

Many parents attribute Meyers for doubling the number of registered players.

Meyers credits Hugh Nichol, who was the executive representative for two years, as his mentor.

Nichol laughs, saying his friend gives him credit only because he recruited him to take his place, adding he deserves all the credit and praise for the success of the league.

"I just hope most parents realize just how big a job he has done and how many kids he's affected," he said, adding with some 150 kids every year there are is a lot of responsibility.

"I've always kidded Rob ... there's always going to be a place for you in Don Cherry's hockey heaven. You've done a terrific job."

Before Nichol, in the first few years under the Storm presidency of Jim Winn there was Wade MacInnes and Andy Paul.

Derek Wilson was also an active volunteer, Meyers said.

Paul Morissette, an active member of local hockey for more than 20 years, who is also a grandfather of two who got their start in hockey, just got back into coaching this past year with the league.

He said the rep travelling teams were shaped greatly by the values of Meyers, even if he didn't start them.

"What that league did, and it's a great thing, is it allowed kids and parents who weren't ultra-competitive an avenue to play the game ... that's why it's grown so much."

He remembers a younger Meyers was a strong hockey player with a competitive fire.

"It's a little bit ironic, but he saw the need for a less competitive, but much more inclusive type of league," he said, adding this concept is far more affordable with less travelling and that the emphasis was less on winning, encouraging more participation from boys and particularly girls.

The 20 game league season starts in early October and finishes just before the March break during the Glen Dart Hockey Tournament.

Players are all guaranteed the same amount of ice time



Darren Lum Echo staff

Rob Meyers is stepping down, but will remain involved with the league in a lesser role and expects to coach next season.

with rotating two-minute shifts during the games.

The youngest players, who play in the Timbits division, mainly work on skill development with informal games held the width of the ice at the end of the hour.

At the beginning of every season the coaches and Meyers meet up to make the teams, ensuring there is a balance of skill levels for each. During the season if an imbalance of skill for any one team is noticed trades will be executed.

All games for every division are held on Saturdays from 9 a.m. to 6 p.m. The S.G. Nesbitt Arena in Minden, Dysart Arena in Haliburton and Keith Tallman Memorial Arena in Wilberforce host the league games equally.

Paul Longo, who has been a coach the past six years concurs with Morissette that the league is less about competition than fun, but points out that everyone still wants and tries to play hard to win, except the focus is on enjoyment of the sport. This is possible because of the relaxed atmosphere of the league.

"He always worked in the best interests of players to promote fair play and skill development. Under Rob's leadership the number of kids playing in the county league has doubled. We now have approximately 200 players from ages three to 17 participating and loving it. He is a great role model/coach and is well respected by parents in this community," he said in an email.

Longo's son Sam has played for six seasons while his younger daughter Sophie played in the Timbits age division.

Past individuals who should also be recognized, Longo said, are Steve Ferracuti and Mark McMaster with their involvement in the league.

Longo also acknowledges that Meyers has had a strong supporting cast that included Bob Schmidt, Steve Smith, Steve Coumbs and Ed Muenzel.

He expects there won't be any one person to replace Meyers.

Although there hasn't been an official discussion yet, there has been consideration given to the leadership committee concept, giving each age division its own leader.

Amy Klose, who is an active volunteer in the league as an assistant coach and a mother of two daughters that play, will remember Meyers's leadership for keeping the fun in the sport.

"Through leading by example he has nurtured the philosophy of fun and fair play for an entire decade of our youth. He will be hugely missed. He is always positive and supportive of the kids. He encourages fair play and supports playing hockey for the fun of it," she said in an email.

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Rookie competitor, sport veteran, excels

Darren Lum
Staff reporter

When it comes to figure skating there's no measure for the fight within an athlete.

Haliburton Highlands Secondary School athlete Casey Pringle, barely more than five feet, is evidence of this strength claiming a third place ribbon at the Eastern Ontario High School Figure Skating Invitational hosted at the Lindsay Recreation Complex on March 29.

Far from a physically imposing figure, with her gentle presence and soft-spoken demeanor, Pringle was a giant when it mattered most in her first eastern Ontario invitational competing in the junior bronze level field.

"I haven't competed this year at all with my solo and I never went to the high school competition last year so to be doing that solo in a competition for the first time this year meant a lot. It was exciting and I couldn't believe that I did so well with it," she said.

A last-second decision to throw in an additional double jump from her coach Lisa Rodriguez-Cruz, who is also her coach at the Haliburton Figure Skating Club, proved to be a crucial decision as the young skater fell attempting her double-toe jump, which she only started to execute and land a few weeks ago.

She eventually pulled off the landing to the newly added double-salchow with a single loop jump to make up for the fall in the freeskate. Pringle also managed to land everything else to solidify her third place within a field of 19 competitors.

Pringle was shocked to be a finalist in the Skate Canada held event, she admits, after falling a couple of times, failing to land her double-toe and double-salchow jumps in her preliminary skate.

Just before skating, Pringle remembered watching surprised as competitor after competitor fell unable to land their jumps.

However, her footwork, she said, and ability to land and execute her other moves and jumps such as her axle-jumps in her program proved to be enough to finish third in her flight of 10 competitors.

Inspired by her regular watching of *So You Think You Can Dance* and other similar dance themed television shows, the wispy skating wonder said she threw

together a sequence of dance steps the day before the competition, having only practised the jumps and spins.

It proved to be the difference, she said.

The Grade 10 student was also coached by level 3 coach Jane Symons of the Minden Figure Skating Club. Symons choreographed pairs and group numbers for the high school team, including assisting with choreography with the rest.

Pringle has a variety of high school athletic interests that span the athletic calendar year from volleyball, basketball to soccer.

She learned how to skate on a pond when she was seven. It's apparent her love for the sport takes her away from the stresses of life.

"Whenever I go out there on the ice the focus is just skating. I always forget about everything," she said.

HHSS staff member Jackie Mayhew has helped organize the team.



Casey Pringle was surprised by her success at a recent invitational.

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The Times
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HOCKEY POOL

Position	Name	Points
1	Eric Casper	1313.75
2	Bryan Rivard	1312.75
3	Eric Schuster	1280.75
4	Melissa White	1235
5	Andrew McGill	1231.5
6	Eleanor Lymer	1207.75
7	Scott LaRue	1203
8	Chase Heinemann	1200
9	Michael Moxley	1192.5
10	Ian Kemp	1190.75
11	Jeff Barry	1183
12	Ronald Sedley	1182.75
13	R Bell	1182
14	Orville Meeke	1181.5
15	Maie Arike	1169.5
16	David Douglas	1167
17	Andrew Carmount	1164.75
18	Denniella Rivard	1163.75
19	Matt Prichard	1161.5
20	Martin Schuster	1152.5
21	Robin Carmount	1148
22	Gerald Ainsworth	1142.75
23	Larry Holden	1140
24	Nancy Holden	1137.75
25	Rhonda Shaw	1136.75
26	Pat Barry	1130.75
27	JoAnne Sharpley	1126
28	Audrey Sedley	1125.75
29	Jordan Hamilton	1110
30	Daniel Rivard	1103
31	Jonathan Sharpley	1092
32	Ray Lymer	1088.5
33	Dan MacMillan	1082.75
34	Paul Cameron	1081.75
35	Larry Southgate	1076
36	Jamie Pritchard	1076
37	Robert McIvor	1068.75
38	Bob McKay	1068.5
39	Beryl Rasmus	1053
40	Bruce Fisher	1050
41	Shannon Robertson	1049.5
42	Richard Rasmus	1034
43	Norm Bottum	1015.75
44	Dwight Thomas	1014.5
45	Matt Mihlik	996.75
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47	Ann McIvor	980
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Flikas pushes national record in championship

Gold is small consolation for falling short of a greater goal. Gooderham resident George Flikas, 68, not only won a gold medal, but earned a national record for Masters 3 in the 120 kg weight division when he pressed 180 kg at the Canadian Powerlifting Union National Powerlifting and Bench Press Championships in Charlottetown, P.E.I. from March 29 to April 2.

However, the oldest competitor there was disappointed about falling short of a personal goal after driving 1,600 km for close to 40 hours round trip.

"I had it all the way up, but my back and shoulders froze. That was about it," he said about making the attempt to surpass the 180 kg.

He expected to lift an additional 10 kg, but existing arthritis in his neck left him without the strength to accomplish his goal.

"I've got to go for surgery," he said. "Things like this happen."

The amiable competitor admits he is dealing with pain, but will compete whether or not he receives his needed surgery at an upcoming international competition hosted by the Ukraine in August.

"Even if it kills me I'll still compete," he said. "I'm just going to have to take a couple more ibuprofen."

Although politics with the Canadian Powerlifting Union prevent him from competing for Canada, he may try to apply for the national designation again since discovering there is new personnel with the union.

Flikas, who has competed for Greece on the world stage, would love to represent Canada and said, "It would make me feel more part of this country."

- story by Darren Lum

Hawks rule ice and court

The following are briefs for Haliburton Highlands Secondary School athletics for the past week.

April 6

The junior boys' Red Hawks hockey team is to be congratulated on winning the B Division championship in Norwood. The boys defeated the hometown Norwood Knights by a score of 4-3 in a sudden death shootout.

April 7

The junior badminton team had a solid showing at the Kawartha qualifier at Thomas A. Stewart, with 13 of 15 players advancing to the upcoming Kawartha tournament. Results were as follows:

Third Place: Tyler Barry and Tom Paul (boys' doubles) Jamie Dack and Jessica Duchene (girls' doubles)

Second Place: Sandy Griffith and Jessica Bishop (girls' doubles), Tammy Everitt and Mike Nelson (mixed doubles)

First Place: Tanner Hamilton and Tanner Ballantyne (boys' doubles), Ali Hicks and Darcy Schmidt (mixed doubles), Matt Kim (boys' singles)

- with files from Judi Paul's class



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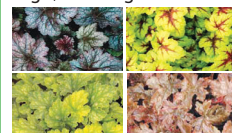
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Maundy Thursday, April 21

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Good Friday, April 22

Choral Good Friday Service

(Combined Choirs of Zion and Haliburton United Churches)

9 a.m. Zion United Church, Carnarvon

11:15 a.m. Haliburton United Church

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Connell defeats MacNaull rink

Wendy Vermeersch
Special to the Echo

The team skipped by Dave Connell defeated the Bob MacNaull team of Anne MacNaull, Terry Savin and Lori Darosa to win the Bank of Montreal Trophy. This is longest continuous trophy in use at the Haliburton Curling Club.

The playdowns to represent the HCC at the men's division of the Dominion Cup next October was recently held. Dave Connell skipped the team of Terry Roche, Larry Holden and Russ Duhaime (who was substituting for Case Basie). A great double take out in the seventh end by Connell helped to secure the victory over the John Smillie team of Moe Welch, Tom Meriman and Dave Moss.

Congratulations to all the winners.



Below, left, Don Popple presents the Curry Motors Millenium Trophy to winners skip John Smillie, vice Mike Germa, second Susan Germa and lead Mike King. The Smillie team defeated Ron Barr's team of Robert McIvor, Elaine Anderson and April Martin who was filling in for Ann McIvor.



At right, left, Dave Connell, Michelle Connelly, Lynn Bartlett and Rick Bartlett holding The Bank of Montreal Trophy. Photos by Wendy Vermeersch

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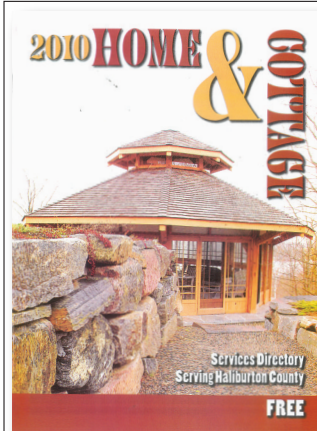
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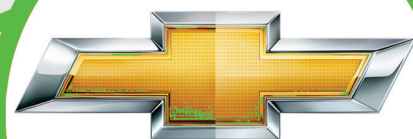
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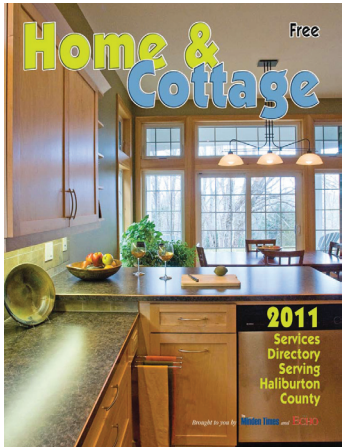
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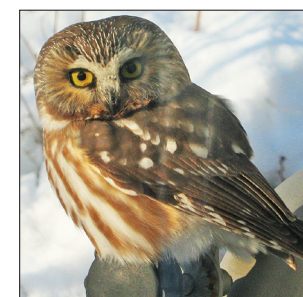
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Rob Capel spotted this turkey strutting his stuff.



It's mating season now and the big tom has been spending quite a bit of his free time on Jon James's property on Horseshoe Lake, defending his harem from his own reflection as you can see in this shot. He will stand at that glass for long periods of time pecking at himself. When he gets bored with it all, he will walk around the back and spend some time pecking at himself in the chrome bumper of Jon's truck. The hens basically ignore him altogether and spend their day eating.



Carolyn Nichols's granddaughter, Kaitlin Bolender, took this picture of this little saw-whet owl on the swing set outside their patio door on Wigamog Road in Minden Hills.



Above, Sylvia Bradshaw had nine visitors in her backyard. So many they wouldn't all fit in one photo. No wonder we can't keep any flowers, she says.

➤ Wildlife in your backyard

Have a great nature shot?
Send it to jwatt@haliburtonecho.ca.
The bigger the file size the bigger we can print it.

Barb Bader spotted these deer early one morning. They calmly stood while she took their picture.

Career & Business Opportunities



There's a new doctor in town. Check out the story online

haliburtonecho.ca



The Corporation of the Township of
Algonquin Highlands

REQUIRES A

TREASURY ASSISTANT

(Temporary Full-Time Position)
Maternity Leave

The Township of Algonquin Highlands is seeking an individual with experience in office procedures and municipal finance to work in the Municipal Office. The successful applicant will possess a minimum of two years experience in a related position preferably within a municipal setting. Strong clerical and administrative skills in accounting and municipal tax rates, billings and collections are an asset.

Salary Range: \$19.21/hr - \$21.62/hr

Applicants must indicate how they meet the minimum qualifications in their resume. We thank all applicants; however only those selected for an interview will be contacted.

Please submit your resume in confidence and clearly marked TREASURY ASSISTANT by

4:00 p.m. on Friday, April 15, 2011 to:

Angie Bird, A.M.C.T., CMM1
Chief Administrative Officer
Township of Algonquin Highlands
1123 North Shore Rd.
Algonquin Highlands, ON
K0M 1J1
T: (705) 489-2379 Ext. 222
F: (705) 489-3491
Email: abird@algonquinhighlands.ca

Kawartha Lakes-Haliburton Housing Corporation

Vacancy on Board of Directors

The Board of the Corporation invites interested persons to apply to serve on the Board. The Board is seeking members to fill two vacancies with terms ending in 2011 & 2012.

Eligible applicants must be a resident of the City of Kawartha Lakes or the County of Haliburton and be at least 18 year of age.

Experience in serving on the board of a non-profit agency is preferred.

Applications may be obtained from the office of the Corporation at the address below, or from Haliburton County at 11 Newcastle Street, Minden, Ontario.

Applications are to be submitted by **April 21st, 2011**.

Applicants are asked to submit their applications and any supporting information such as a resume to:

Hope Lee, Secretary
Kawartha Lakes-Haliburton Housing Corporation
322 Kent Street West, P.O. Box 2600
Lindsay, ON K9V 4S7
(705) 324-6401 ex. 102

Applicants selected for an interview may be requested to provide references and a police check.



Municipality of Dysart et al

135 Maple Avenue,
P.O. Box 389,

Haliburton, ON. K0M 1S0

Telephone: 705.457.1740 Fax: 705.457.1964

Email: info@dysartetal.ca Website : www.dysartetal.ca

EMPLOYMENT OPPORTUNITY

ASSISTANT ROADS SUPERINTENDENT

\$62,296 - \$72,209

The Municipality is seeking an individual for the position of Assistant Roads Superintendent. The successful candidate will assist the Director of Public Works with administrative duties including the development and implementation of policies, procedures, scheduling, training and contract administration relative to the Roads Department.

The ideal candidate will have a thorough knowledge of construction and maintenance techniques and equipment and heavy machinery operation. A minimum of three years related experience, preferable in a unionized environment along with strong supervisory, administrative, computer and communications skills are required. Successful completion of the T.J. Mahoney Roads School curriculum is also required. Certified Road Supervisor designation or equivalent is considered as an asset.

A detailed job description is available at the Municipal Office or on our website.

Qualified candidates are encouraged to submit a detailed resume to the undersigned by 3:00 p.m. on April 20th, 2011.

Cheryl Coulson, A.M.C.T.
Clerk
E-mail: ccoulson@dysartetal.ca

We thank all applicants but only those selected for an interview will be contacted. Personal information is collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act and will be used only for employment purposes.

Jim Thomson: the Queen Mother's piper

Lesmahagow in Scotland is an area made famous by the movie *Braveheart*. It's also where Jim Thomson is from, and while Jim may not be as famous as *Braveheart* actor Mel Gibson, he has rubbed shoulders with royalty.

Thomson graduated with a degree in interior design from the Glasgow School of Art. He also earned a teaching degree from the University of Glasgow's department of education. Both degrees would stand him in good stead for a fascinating life in Canada.

In 1967, the most exciting thing happening

Interesting



People

george farrell

moved to Kinmount where Thomson changed careers again. He started working with "delin-

quent teenagers," teaching arts and crafts at the Kawartha Lakes Training School in Lindsay.

After Expo, Thomson stayed in Canada and subsequently taught illustration and design at Central Tech in Toronto. Jim married wife Judy during this period and the couple moved to Port Perry from where he commuted. Then the couple

quent teenagers," teaching arts and crafts at the Kawartha Lakes Training School in Lindsay.

"From that I got interested in social work," says Thomson. "Via correspondence courses I had received my degree in social development from the University of Waterloo, and we ran a group home from our farm near Kinmount." Sadly in 1986 Judy passed away, and in 1987 Jim moved back to Toronto where he landed with the family services department of the attorney general, helping "to look after people who, for whatever reasons, can't look after themselves." Thomson has been doing that work "for over 20 years now."

In 1992, Thomson bought property on Eagle Lake, and he's been coming up regularly ever since. The tie to the Highlands was through that strange musical instrument the bagpipes. "Sixty years ago, when I was 11 years old I started playing the pipes with the Lesmahagow Boys' Brigade," he says, "and I eventually joined the Toronto Scottish Regiment where I was the pipe major three different times."

The Colonel-in-Chief of the Toronto Scottish Regiment was the Queen Mother, Queen Elizabeth, (1900-2002) — the widow of George VI and mother of Queen Elizabeth II. In 1985 and again in 1987, the "Queen Mum," as she was known, made visits to Canada. During those visits Jim Thomson was her personal piper. Thomson recalls those times vividly.

"I remember on one occasion she was staying at the residence of Galen Weston in Forest Hill in Toronto. My job was to awaken her each morning by playing pipes outside her bedroom window. When she got up she would come to the window and give me a little wave. One time I was invited into the kitchen where I met the cook. The Queen Mother had sent down a two handled silver container called a quaich, which was filled with Scotch whisky. I was to share the drink with the cook, who was



Jim Thomson played his pipes for the Queen Mother and for Rail Trail ramblers in Haliburton. /Photo by George Farrell

a fellow Scot. So here we were drinking Scotch at 9 a.m. in the morning." It should be noted that the Queen Mum had developed quite a reputation as an imbibor of fine liquors. Jim Thomson continues his story.

"The cook was a chef at the Four Seasons hotel, and he had previously cooked for the royal family in Britain. One morning after a late shift at the Four Seasons he was hurrying to make breakfast for the Queen Mother when he was stopped for speeding by a policeman. When he told the policeman that he was late and had to make breakfast for the Queen Mother, you can imagine the look on the cop's face. After a while he managed to convince the guy that he was for real and the cop turned on his siren and gave him a police escort to the Weston household."

In 1990, Jim Thomson was invited to the Queen Mother's 90th birthday in Clarence House in London. "I had four Canadian generals as an escort," he recalls.

Thomson became familiar with this area due to the fact that he's performed with the Toronto Scottish Pipes and Drums at the local Highland Games a total of eight times; "after which we go back to my place on Eagle Lake for a barbecue," he says. He's still playing the pipes, and most recently he accompanied the band to Rochester N.Y. for the annual St. Patrick's Day Parade. This month he'll be going to a military tattoo in Virginia.

On Sunday, April 4 the Rail Trail Ramblers were delighted to be escorted by Thomson for the beginning of their first ramble of the year. On a warm day in bright spring sunshine, Thomson led the way from the Rails End Gallery along the lake to the start of the Rail Trail. Ramblers and their dogs followed as the eerie notes from the pipes echoed across the still-frozen waters. It was pure magic.



Municipality of Dysart et al

135 Maple Avenue,
P.O. Box 389,

Haliburton, ON. K0M 1S0

Telephone: 705.457.1740 Fax: 705.457.1964

Email: info@dysartet.ca Website: www.dysartet.ca

NOTICE OF COMPLETE APPLICATION AND NOTICE OF PUBLIC MEETING

- **DATE:** Monday May 2nd, 2011
- **TIME:** 5:00 pm
- **LOCATION:** Council Chambers in the Municipal Office
135 Maple Ave., Haliburton, Ontario

APPLICATIONS:

1. Lands of Diamond:
 - Purpose and Effect: the proposed by-law will change the zone on the subject lands to recognize the proposed waterfront residential use and to implement the recommendations of the site evaluation report, prepared to support the project.
 - Zone change from "RU1L" and "EP" to "WR3L" and "EP".
 - Location: Part of Lot 11, Concession 2, Township of Dudley (Wenona Lake Road, Wenona Lake).
 - This application is a condition of applications for consent H-075/10 and H-076/10.
2. Lands of Feir and part of the Lands of Easton's Grocers Limited:
 - Purpose and Effect: the proposed by-law will change the zone on the subject lands to permit the construction of a medium density building, which will house 28 dwelling units.
 - Zone change from "R1" to "R3-xx". Site specific zone provisions will apply.
 - Location: Part of Lots 16 & 17, Concession 8, Lot 8 and Part Lots 3, 9 and 10, Block X, Plan 1, Township of Dysart (Park Street and Sunnyside Street).

IF A PERSON OR PUBLIC BODY does not make oral submissions at a public meeting or make written submissions to the Municipality of Dysart et al before the proposed zoning by-law is passed, the person or public body is not entitled to appeal the decision of the Municipality of Dysart et al to the Ontario Municipal Board.

IF A PERSON OR PUBLIC BODY does not make oral submissions at a public meeting or make written submissions to the Municipality of Dysart et al before the proposed zoning by-law is passed, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to do so.

FURTHER INFORMATION: including the draft by-law is available from the Planning Department at the Municipality Office during regular office hours (8:30 am to 4:30 pm, Monday to Friday) or by phoning 705-457-1740.

Dated at the Township of Dysart, this 12th day of April, 2011.

Patricia Martin, B.E.S., MCIP, RPP
Municipal Planner

Notices



Haliburton Village BIA Request for Tender

To provide regular maintenance, watering and fertilizing of 50 hanging baskets and approx. 20 sidewalk planters from approx. June to October 2011. Quotes can be for either:

- 1) Supplier uses their own watering and fertilizing equipment or
- 2) Supplier to provide labour only with equipment provided by the BIA

Quotes to be received on or before 12 noon April 18, 2011

Mail to: Haliburton Village BIA,
P.O. Box 1281
Haliburton, ON, K0M 1S0
or fax to 705-457-2534
For information call
Jim Frost, Administrator
Haliburton Village BIA
705-457-4031

Lowest or any quotation not necessarily accepted.

Who's to blame for break downs?

The Mechanic
Dave Redinger,
 QMI Agency
 davidredinger@rogers.com

For years I have lived with the fear that my wife's car would break down. Yes, mechanics have car problems, too.

Money was tight when we started off so we drove old cars. Heaven help me if that sucker ever let her down - I would never hear the end of it. Come to think of it neither would the poor tow truck drivers I would send to rescue her.

I learned early on in my career that break downs are often the mechanic's fault. I didn't design it, build it or sell it. It wasn't me who didn't have the time to service it, and it wasn't me who broke the thing in the first place. Cars do wear out. So, how's that my fault?

In reality, most failures after repairs are usually related to faulty parts (new parts do fail). When arranging car repairs, don't be shy; ask what the warranty policy is on the replacement parts and workmanship, and how repairs are to be handled if there is a failure.

Most shops have very liberal warranty policies; however, some don't. One more thing: why do most customers ask for a "discount" on parts? I tried asking for a discount at a local big box store and they threw me out!

By the way, I bought my wife a new car. Now she can blame the dealer if it breaks down.

Q: When I stop at a red light with the transmission in drive and my foot is on the brake, the car vibrates and sometimes shakes outright. There are times when the engine stalls. I recently had a "tune-up" to see if it would help and the car does run better but it did not solve this problem. There are times when it vibrates only slightly but most of the time, it vibrates quite a bit, enough to see the hood shaking. Do you know what the problem is and what might be causing it?

A: It sounds as if the engine is not running on all cylinders. The problem could be as simple as a spark plug that is fouled or more serious such as a sticking valve. Have a dynamic com-

pression test performed. This test cuts out individual cylinders and measures the load they are sharing. The results will lead you to the next step.

Dave Redinger has more than 40 years' experience as a mechanic and has run his shop, Doctor H Honda Specialists, in Toronto for the past 26 years. Tune in to Dave's new shows "Dave's Corner Garage" on Sun TV and "In the Shop" on Men's TV. Check local listings.

For more auto news go to autonet.ca.

Coming Events

Community Hospice "Compassionate care for those you love."

Saturday, APRIL 30, 2011
 10:15 am at
 Haliburton High School
HIKE FOR HOSPICE
 Please Donate...Pledge...Nike

100% of all funds raised stays in our community

Can't make the hike?
 Donate on-line or download pledge
 forms at www.sirch.on.ca
 Click on "Events"

SIRCH
 Community Services



An assortment of dance songs from around the world & throughout the times.

**Saturday May 14 at 7:30pm and
 Sunday May 15 at 3:00pm at the
 Northern Lights Performing Arts Pavilion**

Tickets **\$17.50** per person at
 Pharmasave Minden or Cranberry Cottage Haliburton

For more information call 705-457-9709

Holy Week

in the Anglican Parish of Haliburton



Sunday, April 17 - Palm Sunday Eucharist

St. George's - 9:30 a.m. and 4 p.m. • St. Margaret's - 11:15 a.m.

Thursday April 21- Maundy Thursday Eucharist

St. Margaret's - 5 p.m. • St. George's - 7:30 p.m.

GOOD FRIDAY - April 22

St. George's - 10:30 a.m. Music of Gabriel Faure
 (choir, organ and guest cellist Bethany Houghton)
 11 a.m. - Good Friday Liturgy • St. Margaret's - 3 p.m. - Good Friday Liturgy

EASTER - April 24 - Easter Sunday Eucharist

St. George's - 8 a.m. and 9:30 a.m. • St. Margaret's - 11:15 a.m.

* * * * *

"Come and see a Man who told me everything I ever did.

Could this be the Christ?"

- John 4:29

Website for the Anglican Parish of Haliburton is: www.haliburtonanglican.org

Inquiries are welcome - please phone the church office

(Mon. - Thurs. 9 a.m. - 1 p.m.) - at 705-457-2074

Reverend Canon Anne Moore - pastor



White or Yellow gold chains, class rings, charms, bracelets, bent, broken jewelry, pocket watches, unmatched earrings, items with or without stones removed, dental gold and more. We will also buy silver and platinum items, including coins!

THE GOLD RUSH



IS COMING TO YOUR TOWN THIS WEEKEND!

SO RUSH DOWN AND SEE US FOR
CASH
ON THE SPOT!!!

**WE PAY TOP DOLLAR FOR YOUR
 OLD & BROKEN GOLD!**

AT THE PINESTONE RESORT, HALIBURTON

4252 County Road 21
 Haliburton, Ontario

**FRIDAY-SUNDAY
 APRIL 15, 16, 17**

10:00 am - 5:00 pm



Wilberforce Elementary School 100th anniversary coming up

Wilberforce

Hilda Clark

448-2018

Former students and teachers of the Wilberforce Elementary School this one's for you. Spread the word. With the

100th anniversary of our school this year we want all of you to come back to school on Saturday, April 30 for a day of celebration. The school will be open from 10 a.m. to 4 p.m. for lots of mingling and reminiscing as you look at displays of photographs and other memorabilia that will be on display. Will your pictures be there? They will if you get copies of them to the school directly or through Cathy Agnew at their store.

Though it is not necessary to preregister it would rev up the excitement to know you are attending. If you have Internet go the school's website: wes.tdsb.on.ca for up-to-date information and it's easy to register there. Or call me at 705-448-2018 and leave a message.

The Lloyd Watson Centre will be open from 10 a.m. to 3 p.m. as well with free coffee and tea. The Legion Ladies Auxiliary will have lunch for sale there too. Plans are afoot to have the LWMC open during Saturday evening for socializing by the school's current staff and students as well as alumni and their families and friends. Hopefully efforts to have some musical jam sessions throughout the evening will be successful. See you there.

Sylvia Tallman was a special guest at the recent loonie lunch at St. Margaret's Church. Sylvia who has been a member and a wonderful worker for her church for many years will be moving to Bancroft soon. Sylvia is one of those people who could quietly and capably accomplish a lot without a big fuss. Her participation in community activities since childhood has been great. An excellent quilter, she donated many hours of her time working on the quilts raffled over the years by the Heritage Guild. Her friends here will miss her greatly. Bancroft is not far away so she can expect visits from her old friends and neighbours here.

Members of the Highlands East Recreational Figure Skating Club certainly did Skate Rattle and Roll as they performed in a delightful carnival to wrap up a successful season. To lively music they entertained the audience and demonstrated considerable growth in skating skills. The club has grown in numbers as well as performance this season. The skaters and this community are fortunate to have Kathy Rogers and Nancy Bird ably leading their club volunteers.

Providing a variety of numbers were senior skaters Hailey Alden, Shenese Alden, Rebecca Anderson, Kendra Anderson, Becca Pacey, Sonora Plumb, Carly Raimey, Kadie Raimey and Patricia Savard. Younger skaters Bridgette Bryne, Connor Bryne, Madalyne Bryne, Olivia Brown, Avery Degeer, Cheyenne Degeer, Tommy Deterling, Hannah Huffman, Caleb Manning, Lily Manning, Stephanie Rogers, Destiny Storey and Helen Williams were all entertaining. Junior

skaters Brooke Billings, Owen Deterling, Brittany Hower, Natasha Hower, Abigail Kauffieldt, Mikaelia Kauffieldt, Cody Lampman, Michael Rogers, Gracyn Whitehead and Chas Whitehead performed well.

Shenese Alden who has generously helped coach other skaters this year delighted the fans with her solo. Talented guest skaters all from the Bancroft club were Katie Craig age 13, Emma Neuman age seven, Hannah Armstrong age seven and Emma Fransky age 10. Their coach Jennifer Knopp has also been the coach of the Highlands East Club this season.

The club appreciated assistance from Agnew's Store, Highlands East Fire Department in Wilberforce, Royal Canadian Legion Branch 624, coach Jennifer Knopp, Shenese Alden, Tamara Brown, Colbeigh Aylesworth, Leanna Wright, Jodi Rupnow, Ken Riley, Karen Hutt, the Municipality of Highlands East and all those who donated for the raffle table.

Gardening time is fast approaching. Want to get revved up about gardening and preserving your harvest? That's the topic of a session at the Wilberforce Library on Wednesday, April 20 from 10 a.m. to 12 p.m. Donna asks that you bring your favourite recipes. I assume that's recipes for preserving and using your garden produce.

And do plan to attend the annual Maple Fest at the LWMC on Easter Saturday.





GRAND OPENING

APRIL 16

at 41 Maple Avenue (Old Pump Shop Location)
705-455-9530

Come in and try our Award winning wines.

15 FREE Bottles with purchase
Become a "WINE VIRGIN" ONLY \$70/30 Bottles

*You could win a weekend Get-a-Way package
Valued at over \$1000



Mae Newcombe surprised with birthday party

West Guilford

Eleanor Cooper

754-2278

Mae Newcombe of the Barry Line was surprised by her family with a 70th birthday party on April 9 at the centre. The lower hall was all decorated with blue and had sea-shells and blue and white candles on the tablecloths for a sea-themed event. A stained glass sailing ship on the head table was placed in front of Mae's chair. The hope is that Mae will use the gifts from the wishing-well to help with a trip down east.

It was quite apparent from all there that Mae is held in high regard by family and friends who arrived with hugs and happy greetings. As well as local residents, guests came from Grand Valley, Orangeville, Port Elgin, Sudbury, Peta-wawa and Mount Forest. The delicious meal was served buffet style. Daughter Debbie, busy as she was with her travel agency business, organized the affair and invited the guests. Jean sold the 50-50 draw tickets as we sat for supper. It was won by Bob Merritt. Debbie kept her mom busy on a shopping trip in Bracebridge and Orillia so that Mae didn't know what was going on till they arrived at the centre. So much laughter, so much fun! Mae says: "My noisy family!" Cameras kept flashing so there will be lots of pleasant memories recorded. Whenever she worked as a home-maker, Mae continuously gave more than her share and deserves the recognition given her on this happy occasion.

Euchre on April 5 found Norma Geddis and Cliff Danni-

son with high scores, Neva Hobden and Bill Matthews with low scores, Tina Hadley and Gerard Hadley with the most lone hands. Specials were left in the hands of Colleen Dar-rison and Liz Jesserman, with Bill Matthews receiving two special prizes! There were eight tables. Come and join on Tuesday evenings at the centre, it is a bargain at \$2.50 for entertainment.

KATHY CAREY
FITNESS - FIS/PTS
Certified Fitness Instructor
Certified Personal Trainer
 Blue Sky Studio Haliburton
 Noon and Evening Classes
 (4:00 p.m. - 6:45 p.m. times available)
SPRING FITNESS SESSION
APRIL 18 - JUNE 30/11
 Class formats: Cardio kick-boxing,
 Weight training, Stability ball. Interval,
 Step, Boot camp and Pilates!
 Space is limited so for more info and
 or to register call **457 - 3124**



Fitness is a way of life - make it yours!!

Coming Events

WINTERGREEN MAPLE SYRUP AND PANCAKE BARN

OPENS SAT. MARCH 5TH
and then all Sat. and Sun.

in March and April 9am to 4pm

Early spring heralds the annual "sugaring off" in the sugar bushes of Haliburton County. It's a wonderful time to get the family out in the open air and sunshine to experience one of our county's most traditional families activities. Come and view the evaporation process through the glass wall of our restaurant while savouring freshly made maple syrup on pancakes, French toast, maple baked beans and our specially prepared farmer's sausages. A wide variety of maple products (also jams, jellies, mustards, BBQ sauces, and fresh canned produce) are available in our retail area.

Cheque or cash only. Join us at 2pm
every Sat. and Sun. for taffy-on-snow at Sourdough
Sam's Cabin (as long as we have snow).

Call 705-286-3202

for more information. 3325 Gelert Rd.
www.wintergreenmapleproducts.ca

THINK SPRING



community calendar

What's happening in the County

Post your event for free on the web. Go to: www.mindentimes.ca or

to the  *Haliburton Highlands* Community Calendar link at: www.haliburtonecho.ca

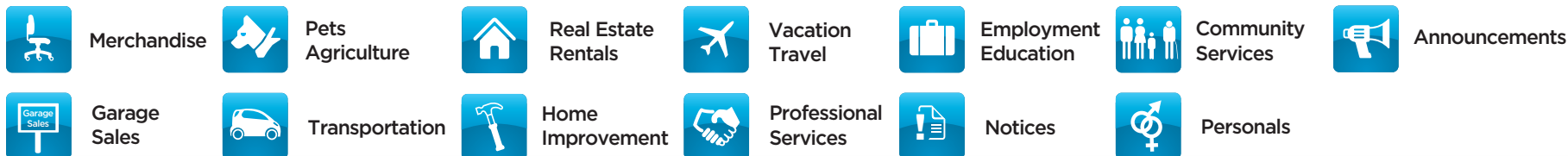


- **April 12:** Point in Time Play Group 10:00 to 11:30 am Gooderham Community Centre. Fun activities for children and time for parents to have a break and ask questions. Fun Food activities! Please contact Dawn Hurd at (705) 457-5345, ext. 311 to register
- **April 13: Volunteer Income Tax:** at the Haliburton Legion Every Tuesday starting at 9am to 2pm ending Tuesday April 19. for more information contact Marlene Watson @ 705-448-2266
- **April 13: Haliburton Highlands Quilt Guild** Meeting at Stanhope Community Centre @ 1pm Come and hear Jacqui Clarkson speak on "Why we need yellow in our life" Doors open at 10am Everyone Welcome for more information call Sharon @ 705-286-1531
- **April 13: Lia Sophia Jewellery Show in support of Community Care:** 1:00-8:00 located at 83 Maople Ave. Unit 3 Drop in Centre, Halco Plaza for more information contact 705-457-2941
- **April 13: Haliburton Highlands Genealogy Group** will be held at the Minden Legion, 12847 HWY #35 Doors open 6pm Topic: The Hidden Genealogical Treasures in Our Education System. Speaker Don Hinchley For more information call Gail 705-286-2225
- **April 14: HHFN presents Ontario Nature Celebrating 80 years:** 7:30pm at Fleming College Haliburton doors open @7pm Visit www.hhfn.ca
- **April 16: Maplefest all you can eat Pancake & Sausage Brunch and Bake Sale.** 9 am- 1pm Lochlin United Church, Lochline Rd Off Gelert Road. Adults \$6.00 Children under 12 \$3.00 Preschoolers free
- **April 16: Gooderham United Church Easter Bake Sale** 10am to 3pm Lunch Available
- **April 20th & 27th TABLE TENNIS** Minden Community Center 1 to 3 PM Contact: Dave LEAR 705 457 4032 or Mary Martin 705 457 2260
- **April 20: Learn how to Garden & Preserve your Harvest** at the Wilberforce Branch of the Haliburton County Public Library at 10a.m.-12:00pm for more information call 705-457-2241
- **April 26: Dental Day at the Minden OEYC** 10am – 1pm. A dental Hygienist from HKPR Dental Health team will be available for screenings RSVP 705-286-1770
- **April 26: Scottish Contry Dance Group** at 7:30pm located at the Haliburton United Church
- **April 27: Haliburton County Historical Society** presents Speaker Hilda Clark Topic: tour of the 100th Anniversary of Wilberforce Public School and National Historic Red Cross Outpost Located at the Wilberforce Public School @ 1:30pm (Please Bring garden chair)
- **April 28: Planning for your child's education:** The Minden Branch of the Haliburton Public Library presents a series of financial Planning Workshops beginning at 6:30pm Pre-register for these free sessions by calling 705-457-2241
- **April 28: CFUW Card Party** at the Haliburton Curling Club at 12:00 pm. Cost is \$20.00/person which includes lunch and door prizes. Cash bar available. All card and game players are welcome. All proceeds to the CFUW Scholarship Fund. Contact Linda at 705 457-2064 for tickets.
- **VOLUNTEERS NEEDED Treasures N Trash** June 18, 2011 to help plan this year's community yard sale event in Head Lake Park Please contact Laurie 705-457-2330 railsendgallery.com ;

Events listings are provided **FREE for non-profit groups on a space-available basis.** While we endeavour to accommodate requests for publication, we cannot guarantee that all requests for listings will appear. Requests should be faxed to The Echo at 457-3275, emailed to jmceathron@mindentimes.ca or faxed to The Minden Times at 286-4768, emailed to jmceathron@mindentimes.ca or brought in to the office.

Please submit events by the Wednesday prior to the requested publication date.
NOTE: This calendar is not a comprehensive listing of all events taking place in the area. Please check the classified pages, display advertising and articles appearing elsewhere in the Echo for more information on events in the Highlands. For more Ongoing Community Events please see the Weekender.

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PO Box 722

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Minden, Or. 97130-0730

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Fax: 705-286-6184
stove.stevens@king

steve.stevens@kinark.on.ca

Peterborough Regional Health Centre Seeks Future Board Members and Community Members at Large

Peterborough Regional Health Centre is seeking individuals who are residents of the four counties of Peterborough, Northumberland, Haliburton and Kawartha Lakes to become members of its Board of Directors or Community Members at Large for the Board's Standing Committees. As well, we are seeking individuals who can bring volunteer Board experience, business/professional skills and diversity to our governance processes.

The Health Centre is one of the region's largest employers, having a staff of 2,200 and more than 600 volunteers. Together they serve a population of over 300,000 people in four counties with a budget currently approaching \$250M.

As a Board Member you will:

- Govern the affairs of the corporation in line with best practices in the industry.
- Determine the Health Centre's vision, mission and values.
- Develop and update an ongoing strategic planning framework and ensure that all decisions are made in accordance with the plan.
- Review and approve PRHC's Annual Operating Plan.
- Provide oversight to quality of care.
- Foster regional relationships needed for seamless care.
- Have the abilities, qualifications & skills to realize the potential of the hospital.

As a Community Member at Large you will:

- Attend and be a voting member on one of the Board's Standing Committees;
- Augment the skill set available to support the work of the Board's Standing Committees;
- Be eligible to attend the public sessions of the Board of Directors' meetings.
- Be eligible for candidacy for nomination to the Board of Directors.

How to Apply:

Submit expressions of interest for either Board Membership or Community Member at Large to Ken Powell, Chair, Nominating Committee, c/o Kathy Colling, Executive Assistant, Administration, Peterborough Regional Health Centre, One Hospital Drive, Peterborough ON K9J 7C6 along with a resume no later than April 18, 2011.

PRHC
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Health Centre
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Volunteers

A960

U of Waterloo Park Planning Study Participation

University of Waterloo researchers are conducting a study of park management plans in Ontario and need feedback from local residents. We are interested in learning the detail you believe information, especially visitor and tourism information, should be present in these plans. Participate in our online survey or phone interview by contacting Julia Coburn at [jacoburn@uwaterloo.ca](mailto:jcoburn@uwaterloo.ca). Deadline is April 28, 2011.

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Jim & Marilyn Wignall

12252482

Charles Tyler Family Thank the
Community friends for Care & Support
during their loss. A service of-
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12245175

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11238624

In memoriam

GOSTOCK, Al - who passed away April 10th, 2010

The rolling steam of life rolls on,
But still the vacant chair
Recalls the love, the voice, the smile
Of the one who once sat there.
Missed and not forgotten,
Adrienne and Family

12251162

In memory of Vic Stewart
June 13, 1937 - April 17, 2007
The memories we made together
Will last me Forever.
I miss you, Carol

11284674

In memoriam

PACEY, Harcourt (Sonny)

In loving memory of a dear husband, father
and grandfather who passed away April 12,
2002

When old times we do recall,
it's then we miss you most of all.
Lovingly remembered,
Leola and Family

12252443

You, dear parents, rest in sleep,
Your loving memory we will keep.

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11284719

In memoriam



Safe in the arms of Jesus,
Safe on His gentle breast.

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In memoriam

Upton, Sharon: Passed away April 13 1988

You who have a mother,
Love her while you may,
You'll never know her value,
Till she's laid beneath the clay.
You were always true and patient,
Through the years you struggled on,
And those hands that rest for ever,
Made the home that now is gone.
Friends may think that we forget her
When at times were apt to smile,
But they little know the heartache
That hides 'neath the surface all the
while.

"Too dearly loved to be forgotten."
Always remembered Karl, Bernie and
Donnalee and Family

12253394

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Brian Bacon

August 16, 1961-April 14, 2010.

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with love.

Love Kimberly, Elaine,
Trish, Don and Tim.



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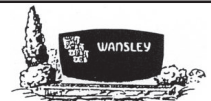
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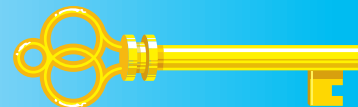
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\$679,000.



DRAG LAKE WATERFRONTS

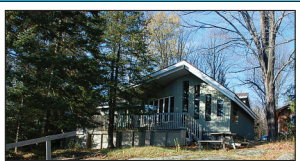
Blueberry Point – Private Road, 82 Acres
\$625,000.
3 Ac, with rippled sand beach **\$389,000.**
13 Ac, 1100' frontage **\$679,000.**
Contact us for details.



KOSHLONG LAKE

Level lot, faces west on rugged Koshlong Lake. Quiet Bay, peaceful & private. Spacious 4br,3bath. Multi level decks, Att dbl grg. New Kitchen reno, last year painted & landscaped. Great setting.

\$615,000.



KOSHLONG LAKE

4BR open concept yr rnd cottage. Warm wood ambience. Heated wtrline, UV system, New steel roof, single det grg. Rustic lot, rock shore, sitting deck, south exposure.

\$439,900.



LITTLE GLAMOR LAKE

With most building materials harvested from the property, this stacked cordwood cottage is truly unique. 5 br, open concept living area. If true 'cottageing' is what you want, see this. 255 ft frtg, 14 ac of rich forest. Ask for more information

\$429,000.



SOYERS LAKE

Immaculate cottage plus Bunkie on magnificent 5 lake chain. Big lake view, sand shoreline, west exposure. Cozy pine interior.

\$419,000.



SAMS LAKE

Extremely private with 850' lake frtg & set in 15 ac natural forest. 4 bedrm cottage with open concept living area.

\$374,000.



INCOME OPPORTUNITY

4 unit apartment building. Good location. Easy rentals. Immaculate grounds, paved driveway, easy highway access. Live in, rent out, tenants pay the mortgage.

\$299,999.



RIDGEVIEW ROAD

Custom built 3br, 4 bath, 2600sf living space. Beautiful cedar deck. MBR with balcony. Finished lower level with spa room. Awesome village view, private pretty lot.

\$299,900.



GROWLER LAKE ACREAGE

650 ft frontage with 56 Acres on the west side of the lake. Good shoreline, gradual sand or deep water. Hydro avail. Driveway roughed in, sitting deck, south exposure.

\$299,900.



GREEN LAKE

Yr rnd home/cottage on edge of gorgeous sand beach. Level lot. Full w/o basement. Wraparound deck. Close to golf, store, skiing. 3 lake Chain. Additional backlot included

\$299,000.



MOUNTAIN STREET

Renovated & modernized split entry home. Lovely country 3 ac lot, minutes to village. Bright & cheery open living concept plus w/o Bsmt with lg recroom. Clean turn-key property.

\$259,900.



WILBERFORCE AREA

Charming round log home. Private on 24 acres with trails throughout. Country kitchen, main flr Indry, w/o bsmt with lg recroom. Double Car garage.

\$229,000.



GLAMOR LAKE ROAD

Immaculate cottage or yr rnd home. Private lot near beach & park. Charming wood character & warmth. Solarium, loft with skylights. Must be seen!

\$219,000.



CONTAU LAKE

Sunny facing south! 2BR ideal getaway. Open concept bright living area, Modern kitchen. Clean deep shoreline, good boating & fishing, terraced lot. Great value!

\$209,000.



HURRICANE LAKE ACREAGE

Pretty 16.9 ac waterfront. Rolling acreage, treed With 300 ft clean shoreline. Suitable for home or cottage.

\$208,900.



HALIBURTON HOME

Great location near village & lot of room, outbuildings. Call for more info. Call for more info. Call for more info.

\$199,900.



CARDIFF LAKE

3.29 acre waterfront lot. Fairly level with a gradual slope to the lake. Crown land across the lake. 645' of clean sand/stone shoreline. Driveway in. Hydro/phone avail, easements. Build your dream cottage or waterfront home on this quiet lake.

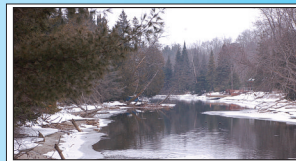
\$179,000.



LITTLE GLAMOR LAKE

5.27 ac, 270 ft frtg. West exposure, clean. Several building sites to choose. Natural with stream running through. Big lake view. Tranquil lake, good fishing. Dock system, driveway in.

\$159,000.



GULL RIVER

8.8 acre riverfront lot. 222 ft shoreline. West exposure. Quite private, treed, yr rnd road, driveway, hydro/telephone available. Boat to Gull Lake or the town of Minden.

\$149,000.



GROWLER LAKE LOTS

Lots or Acreage. Contact us for what is available. Beautiful deep lake for fishing. Wilderness, beauty & wildlife at your doorstep!

From **\$149,000** & up.



GELERT ROAD

3br home, nice bright & clean. Laminate floor throughout, pine kitchen. Sunroom, gazebo and 2 storage sheds. Close to Haliburton Village. Good starter home.

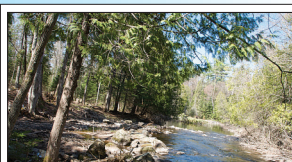
\$119,900.



GOODERHAM HOME

Just a stone's throw from Gooderham Lake public beach. Great little home Or cottage. Newly reno'd. Full bsmt. In the village & only 15 min to Haliburton.

\$115,000.



DRAG RIVER, HALIBURTON

Awesome lot just minutes from the village. Privacy on 3.68 ac. Driveway in, drilled well & building site cleared. Just start building!

\$99,900.



RITCHIE FALLS

Great starter or retirement home. 1.3 ac lot. Convenient to school & M. Full bsmt w/recroom & kitchen. Full exterior deck. Walk to river.

\$79,500.



ANGEL ROAD

Nicely treed 1.76 ac lot in the Sir Sam's ski area. Sunny south facing lot. Driveway in & site cleared. Good lot in up & coming neighbourhood.

\$42,000.



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REAL ESTATE UPDATE

SAVE TIME, MONEY, ENERGY

QUESTION: You have said that a Realtor will save a buyer time, money and energy. Would you be more specific. Where's the beef?
ANSWER: You save money on gas and oil because we'll be doing the looking in my car. You'll save the time and trouble of trudging from bank to bank looking for financing because I'm the one who helps you arrange that. You'll save the wear and tear of rushing around looking at unsuitable properties because I'll show you only the homes I know are suitable and within your price range.
You'll save money on the actual cost of your new home, too, because I do not take overpriced listings.



BUYING A HOME through a Realtor will save you three important elements: time, energy and money.

A living will represents your wishes



The expression of exactly how we wish to be treated, or withdrawn from treatment in the event of impending death, must be properly framed in a format that can be understood and followed by our medical providers.

— Raymond Selbie

from page 4

when continued existence through an illness may cause needless psychological and physical agony.

The expression of exactly how we wish to be treated, or withdrawn from treatment in the event of impending death, must be properly framed in a format that can be understood and followed by our medical providers. The involvement of

proper competent legal guidance is essential to prevent wording that may not be followed by doctors because it has no legal or medical meaning.

I have often seen carelessly drawn powers of attorney for personal care that use words such as, "pull the plug" or similar forms of supposed direction that cannot be legally or medically followed.

We are fortunate to live in a society that affords us the opportunity of placing our desires and intentions in writing. Each of us should implement a will and power of attorney to prevent negligence in regards to our own situation and to assist our loved ones as they put our wishes into action.

Remember, if you don't utilize a lawyer when you formulate your will and power of attorney, you will have no recourse if the documentation prepared is faulty, or does not sufficiently set forth your wishes. You would not trust your medical care to a mechanic, and certainly should not trust your legal matters to anyone other than a qualified, licensed legal representative, trained and insured, to serve your specific wishes and needs.

- Submitted by Raymond Selbie



Many seniors cohabitating instead of marrying

According to United States Census Bureau (USCB) data from 2000 to 2008, more and more seniors are choosing to cohabitate instead of remarry.

Between 2000 and 2008, the number of seniors choosing to cohabitate nearly doubled from 1.2 million to 2.2 million.

That makes for a significant finding, as USCB results also indicated that seniors were the fastest growing group in the United States.

That figure also holds up across the globe. According to the Administration on Aging (AOA), in 2000 there were approximately 605 million people over the age of 60 across the globe.

However, the AOA predicts that figure to reach two billion, a significant prediction as, if it holds true, it will mark the first time in history people over the age of 60 outnumber the amount of children under the age of 14.



Rick Johnson, MPP

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25 years serving county's ears

Since 1986, Gord Kidd has been providing hearing tests to clients in Haliburton County.

As a registered hearing instrument specialist and dispenser, Gord has 25 years training and experience.

If the test implies a medical solution, Gord will provide a copy of his test to your doctor.

Getting your hearing tested after the age of 50 should be part of your overall medical file.

Many wait until their hearing becomes poor, and then come for a test at the insistence of their family and friends. Gord does not charge his clients for adult hearing tests.

If the test implies a hearing device will improve your hearing, Gord will fit a hearing device from a variety of models available from the world's leading manufacturers. Gord does not charge you for this.

Gord says, "I first provided hearing tests in Dr. Dawson and Dr. Holiday Rhode's offices in Minden in the mid-1980s. There was a need for my service, and since I had enjoyed the beauty of the Highlands from my early teens as a hiker and camper, it was not a difficult decision where I would work and live. I opened my first office in Minden. I purchased my home at Minors Bay." Since 1999, his home is in Haliburton Village.

"My wife Kathryn and I are so very grateful to live and work in this beautiful county," Gord continues. "We are here to serve the hearing impaired long after they receive their hearing aid(s). We are testing in four locations in Haliburton County: Minden, Haliburton,



Darren Lum Echo staff

Hearing instrument specialist Gord Kidd shown at his Haliburton branch was last year's recipient of the Access Award for Haliburton region awarded by The Canadian Hearing Society Peterborough region branch.

Kinmount and Wilberforce. For your appointment call 705-457-9171, or toll free 1-866-276-7120."

Hear today ... hear tomorrow.
-Submitted by Gord Kidd



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There's Never Been a Better Time to Start Hearing What You've Been Missing! Welcome to the golden age of hearing. With the latest technological advances, it's never been more comfortable or less noticeable to improve your hearing with the help of a hearing aid.

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Kinmount

Toll Free
1-866-276-7120

Wilberforce

Minden
705-286-6001

River cruising: An entirely new way to see the Old World

Uniworld offers an exceptional way to experience the best of Europe free of the stresses associated with today's travel.

River cruising offers an unparalleled level of convenience, as you dock right in the heart of a town steps away from charming squares, magnificent cathedrals and bustling marketplaces.

Unpack, unwind and leave the rest to Uniworld.

So much is included – shore excursions hosted by local guides, all meals onboard with complementary European wines, choice of beer, and soft drinks, airport transfers and so much more.

Uniworld offers many itineraries, such as Budapest to Amsterdam on the Danube and Rhine River, castles along the Rhine from Amsterdam to Basel and my personal favourite: Paris and Normandy, including visits to the beaches of Normandy and Monet's home in Giverny.

I feel that a Uniworld River Cruise would be perfect for seniors ... no packing/unpacking day after day, no tenders to get to shore, a great menu selection to



River Princess in Durnstein, Austria. /Supplied photo

suit everyone ... a leisurely paced vacation if you so choose.

Travelplus would be pleased to arrange any vacation to fit your needs. With our many years of experience we can make all arrangements for you with

ease and efficiency.

Please join me, Linda Coneybeare of Travelplus, at the Royal Canadian Legion Haliburton on May 4 for a cruise presentation of Uniworld plus other great cruise lines.

Watch the *Echo* and *Times* for further information.

And remember ... "Around the World, Travelplus Takes Good Care of You."

-Submitted by Linda Coneybeare



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For more information, please contact Linda Coneybeare at 705-457-3290. License no. 50015117. 201 Highland St., Haliburton.

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